

# Patient Post-Operative Care Information

Professor V V Ramakrishnan (VVR)

## Additional Patient Care Advice

### **Abdominoplasty**

Following your planned discharge, please ensure the following are adhered to, in order to optimise the healing process, unless otherwise instructed to by VVR :

- Recommended 4 week recovery period from work
- Absolute rest for 2 weeks – caring for yourself only
- Wear supportive abdominal binder for 4 weeks day and night – remove only for showering
- When in bed, rest head with 2-3 pillows and place pillow under knees
- No lifting, pulling or pushing. No twisting body
- Do not undertake any strenuous activity that raises the heart rate (including housework) – maintain gentle mobility
- No swimming or gym work for 6 weeks
- No driving until advised by V V R
- Shower daily – remove binder, wash body including abdomen and tapes, with usual non scented gel / soap
- Gently - pat dry with clean towel, moisturise abdomen, reapply binder
- It is expected that you will attend a follow- up appointment for check-up 1 week after surgery with a nurse**
- It is expected that a follow-up consultation with VVR will take place 2 weeks after surgery, where dressings, wounds are assessed, supportive garments advised and further appointments arranged**
- Timeframes on returning work / resuming normal activities will be re - confirmed once reviews have taken place with VVR**
- AVOID SUN EXPOSURE FOR 1st YEAR**