

David Lam

Consultant Plastic Surgeon

ABDOMINOPLASTY (Tummy-Tuck) Patients of Mr. D. Lam

POST OPERATIVE INSTRUCTIONS:

1) On the morning of discharge, it is usual to have drains removed and the dressing renewed. If the drains need to remain they are left in place to minimise seroma (tissue water) collection and will require removal by our nurses when less than 50mls is produced in a 24 hour period.

2) It is advisable to walk slightly bent at the hips for 2-3 days after surgery so as not to place any tension on the scars. The TED stockings should be worn for 3 weeks after surgery

3) A certain amount of pain or discomfort might be felt in the first weeks after surgery. Take painkillers as prescribed (Paracetamol, ibuprofen and/or codeine). Avoid taking Aspirin or pain killers that contain Aspirin, as this might encourage bleeding. Your normal bowel action may be disrupted following surgery (especially with codeine), and we would advise gentle laxatives (eg lactulose) to help restore normal habit.

4) Rest at home for the first week after surgery and KEEP WELL HYDRATED. You will need to wear a pressure garment or support underwear day and night for a period of 3 weeks minimum, to afford support and limit the swelling. 6 weeks is needed if there has been a hernia repair or liposuction. If you'd like to purchase another surgical garment, please use LAM15 for Macom or LAM10 for Lipoelastic.

5) Wash carefully during this period, keeping the showerproof dressings intact until removed. All stitches are dissolvable.

6) The dressings will be changed after 7 days by the outpatient nurses

8) Swelling and a variable amount of bruising will occur after surgery. Whilst most bruising will have disappeared by the third week, the swelling can take as long as three months to subside completely. Best in the morning and worse after a long day standing, this is part of the normal recovery.

9) The scars will be red and often thick for some months after the surgery. There will be a permanent numb area between the umbilicus and scar line, so care is advised with hot water bottles/sun exposure since the area has no sensation. The process of scar maturation might take as long as 18 months to be completed.

10) If you experience any undue pain, swelling or bleeding please contact the Hospital.

11) You are advised not to do any of the following for 6 weeks postoperatively:

Strenuous exercise, swimming or direct sunlight to abdomen as scars will burn not tan. Driving is ok at 2 weeks.

13) Once the scars are checked, you will be advised to continue using the Micropore tape on the scar which will only need changing weekly, the adhesive lasting between 1-2 weeks. Taping for 6 weeks is recommended.

If tape cannot be tolerated, the scars can be massaged from 2 weeks onwards with simple moisturiser e.g. Vaseline/Nivea/E45 Bio Oil is also OK provided the scars are healed.

14) I will check you at three weeks to ensure all is settling well!