

## In Case of Emergency

Dr Tony Moore can be contacted at any time on 08 70894486 to discuss your concerns. If you have a life threatening emergency please call 000.



## Your Next Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

Dr Tony Moore

Stirling Hospital,  
20 Milan Terrace  
Stirling, SA, 5152

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## Discharge Instructions Abdominoplasty

**Dr Tony Moore**  
**MBBS, FRACS**

*Safe Hands*

## General Information

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### Bleeding

It is normal for the sutures to ooze for 24–48 hours. If the area bleeds:

- Sit or lie down upright, elevating your chest with pillows.
- In the first 24 hours, it is not uncommon for dressings to be stained by bleeding. If the dressings, however, should become soaked with blood please contact us immediately.
- Apply firm pressure for 20–25 minutes.
- If bleeding does not stop please call us on 08 7089 4486

### Pain or discomfort

After your surgery this is normal. Please take your pain medications as prescribed. Do not drive while you are taking prescription pain relievers or sedatives. Aspirin or NSAID's based medicine should not be taken before surgery as this can increase the tendency for you to bleed. Please check with us or your Pharmacist if you are unsure.

### Recovery Post-Op

You will be fitted with your surgical garment post surgery. You will be required to wear your support garment day and night for 6 weeks from the day of surgery unless advised otherwise by your surgeon. Avoid strenuous activity, bending and lifting in the initial post-operative period. Driving is not recommended until you can move comfortably. It is also advisable that you check with your insurance company

## Abdominoplasty

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Some swelling and bruising over the abdomen is normal. The degree of this varies with each person. Sometimes the swelling can cause some temporary changes to the symmetry of the abdomen. Swelling and bruising will often resolve in the first couple of weeks but in some cases may persist for 3–4 weeks. You will be required to wear a compression garment to assist with swelling reduction. Feelings of tightness and discomfort are all normal in the initial post-operative period. There may be loss of sensation over the abdomen, which may take weeks to months to return.

A plastic tube may be inserted to drain off excess fluid. This will remain in place until the drainage is minimal, usually a day or two after your surgery. Your sutures will be removed on day 10–14 or you may have dissolvable sutures. Do not shower until your drains have been removed After this, you can shower leaving the tape intact. Pat dry the tape. If the tapes come off before your next appointment leave your wound open. Do not immerse yourself in water.

Strenuous activities should be restricted for at least 4–6 weeks after your surgery. Walking and light exercise is okay after 2 weeks Most people can return to work 2–3 weeks after surgery.

## Scar Management

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All surgery results in scarring. To help you to achieve the best results, there are a number of options available to you once healing has occurred.