



Abdominoplasty Post-Operative Instructions

Sutures

The incisions are closed with dissolvable sutures that run under the skin and do not require removal. They will dissolve naturally over a period of approximately 4 weeks, when the incisions are strong enough to support themselves.

There will be several fine dissolvable sutures around the umbilicus, which will simply fall out after approximately 2 to 3 weeks.

Dressings

A transparent glue and tape dressing (**Prineo**) is used, which is waterproof, and can be peeled off 2 to 3 weeks after surgery, when it starts to lift at the corners.

You can shower as soon as you like after surgery and do not require any dressing changes.

You may experience a small leakage of fluid or blood from the incision around the umbilicus or in the lower abdominal incision. This is normal and nothing to worry about.

A piece of gauze will be applied for the first 12 hours to absorb any leakage, and this can be removed either before or during your shower.

Occasionally patients can be allergic to the glue, which causes itching and a red rash. If you suspect you have an allergy to the dressing, then please contact us so we can replace the dressing with an alternative and provide you with a mild steroid cream.

Support garments

For certain operations you will be advised to purchase **compression garments** prior to surgery. If required, you can be sized in clinic and advised as to which garments to purchase. You can either buy these from the hospital before surgery, or alternatively, we can provide you with the supplier details should you wish to obtain your own.

When you wake following your surgery, there will be pillows under your knees to take the tension off your abdomen. The tension will relax over the course of approximately one week, when it will feel less tight. I recommend continuing to place pillows under your knees for the first week after surgery.



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I will also apply a supportive compression corset around your abdomen in theatre to reduce post-operative swelling. This should stay in place and needs to be worn day and night, for the first 4 weeks. It can be removed for washing, showering and for short periods during the day.

The corset should assist with the reduction of any swelling and will generally make you feel more comfortable. However, if the garment is uncomfortable or rubbing then please remove it rather than persevering as it is not essential.

I recommend that you obtain 2 garments, as you will want one to wash and one to wear.

Medication

During your surgery I will use a long-acting local anaesthetic block in the infiltration fluid. This reduces any pain that you have for 72 hours after surgery, but you may need additional analgesia in the form of Tylenol and Ibuprofen. I will also prescribe Tramadol if you are in significant pain, but I only recommend taking it if you need to as it is very powerful medication.

You will be given antibiotics to take for 10 days after your surgery to reduce any risk of infection whilst the incision heals.

The medications should be given to you before you go home, so please check with the nurse if you do not receive anything

The hospital will provide you with TED garments to wear during and after your surgery to reduce the risk of a DVT in your legs. It is recommended that you continue to wear them until you are fully mobile. You may also be given anticoagulants to take if you are at a higher risk of a DVT or PE, although most patients do not require this.

Scar advice

Once the dressings are removed, I recommend that you massage the incisions, using small circular motions at least twice a day for 5 minutes. You can use any moisturising cream of your choice and apply firm pressure until it blanches.



Anne Dancey
PLASTIC SURGERY

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The scars will also benefit from silicone scar gel (ScarAway® or Kelo-Cote®) twice a day, which will soften and fade them, as well as applying sunblock for 12 months to provide sun protection.

The ScarAway® can be purchased from Healthcare Pharmacy at Governors Square in Grand Cayman.

Follow up

Before you are discharged from hospital, you will be given a follow up appointment to see the nurse one week post-operatively.

I normally see you in clinic 2 weeks following your procedure.

You should also be given contact numbers in the event of any problems. If you have any questions or concerns about your recovery, please do not hesitate to contact or email me and I will endeavour to respond to you the same day.

If it is more urgent, please contact the clinic/hospital. In the unlikely event of an emergency, you must visit your closest Emergency Department.



I hope you find this information useful. If you have any questions or require a little more information, then please do not hesitate to contact me.

Anne Dancey

Dr Anne Dancey

Plastic and Reconstructive Surgeon FRCS(Plast), MBChB(Hons), MmedSci(Hons) and MCh(PASP)