



Post-operative patient information leaflet for:

Abdominoplasty/abdominal reduction/tummy tuck - Part 3 of 3

*This is a post-operative patient information leaflet after abdominoplasty surgery. **Please initial each page,** indicating that you have read it. For information on pre-operative information and the risks and complications of abdominoplasty surgery, please see parts 1 & 2.*

What to expect post-operatively

Abdominoplasty surgery is usually performed under general anaesthetic. Patients usually spend one to three nights in hospital.. When you wake up from your operation it is likely that you will have some fluid through a drip. This is quite normal and helps to give you fluid while you are not drinking. You are likely to have drainage tubes attached to suction bottles coming out of each side of the lower tummy, to drain away any fluid or blood. These will be removed when they stop draining fluid or blood, usually before you go home. Pain after the procedure is easily controlled with pain medications.

Dressings

You will have some dressings on your tummy. A well-fitting support garment will need to be worn following surgery. You will be asked to keep your knees and hips bent to take the strain off your stitches.

Recovery

You will be mobile from day 1, and should be back to full exercise within 6 weeks. You are recommended to take at least 4 weeks off work immediately after the operation, depending on your occupation. There is likely to be some tenderness and swelling of the tummy for some time following surgery. You will need to avoid lifting in the early period after surgery.

Seeing the results

At first the skin on your tummy may appear tight. This tends to settle down over the first six weeks or so after the operation as a more natural shape emerges. Most patients are delighted with the change that has been achieved, but some find their new shape is difficult to get used to. You should be prepared for this possibility.

What to look out for

Bleeding after surgery may cause swelling, discolouration and pain, usually on one side rather than the other, and may require a return trip to theatre. Infection initially starts with pain, redness, swelling,



discharge and may cause a fever. A blood clot on the leg or the lung may cause breathlessness, chest pain or swelling and pain in the calf. If the wound is not healing satisfactorily, there may be an increase in pain, tenderness, localised discolouration or discharge. If you have any concerns after your operation that you may have developed a complication, please contact a medical practitioner or go to A&E.

Important contact details for your surgery

.....
.....
.....

DISCLAIMER:

This document is designed to supply useful information but is not to be regarded as advice specific to any particular case. It does not replace the need for a thorough consultation and all prospective patients should seek the advice of a suitably qualified medical practitioner. The BAAPS and BAPRAS accept no liability for any decision taken by the reader in respect of the treatment they decide to undertake.

Date of review: **August 2020** (produced August 2015)