

FITZPATRICK HOUSE
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GENERAL SURGEON

 enabled for Tele-health consultations

MARYVALE PRIVATE HOSPITAL
286 Maryvale Rd
MORWELL VIC 3840
Ph (03) 51 321200
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BAIRNSDALE REGIONAL HEALTH SERVICE
122 Day St
BAIRNSDALE VIC 3875
Ph (03) 51 503333

INSTRUCTIONS AFTER AN ABDOMINOPLASTY OR 'TUMMY TUCK'

You need to be seen about 1 week after your operation or sooner if there is an issue.

Ring Fitzpatrick House on 51444555 to make or check that an appointment has been made.

You should have been advised in the ward of specific post-acute care instructions.

In general, keep dressings clean dry and intact until review but they may need to be changed if bloodstained or damp. A damp, wet or blood-stained dressing will cause a wound infection. Do not wet the dressing, keep the wounds clean and dry. Contrary to popular belief waterproof dressings are not really waterproof and if you shower the dressing will need to be changed. You can undertake general daily hygiene measures using a flannel.

You will have been discharged home with oral antibiotics and if you have not been given antibiotics you will need to be seen in the next few days after discharge from the hospital.

You will need to wear an abdominal elastic compressive garment, 'an abdominal binder' for one month after the operation all the time except when you sleep at night. This is to limit any risk of fluid or seroma collecting under the skin flap. The abdominal binder should be worn firm as directed pre-operatively. Do not rotate the binder around your middle when fitting the binder as shearing forces are generated. Do the binder up as explained.

No driving a car, swimming, immersion in baths or strenuous activity such as gym and long walks for about 2 weeks until you are told you can.

Great care has been taken with your operation and you can expect a great result if you adhere to the above. If you have any issues or are unclear about any post-operative instructions please ask.

**IF A PROBLEM OCCURS,
CONTACT FITZPATRICK HOUSE DURING BUSINESS HOURS
OR GO TO ACCIDENT AND EMERGENCY AT A PUBLIC HOSPITAL**