



MR DANIEL BUNKER
Specialist Plastic Surgeon

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Abdominoplasty

Postoperative Information

Follow-up Appointment

- Date:
- Location: ☐ Rooms ☐ GP ☐ Other: _____

General Preoperative Advice

- Prior to surgery, take time to ensure you have planned for your recovery. This may include organising meals, delegating physical tasks, or ensuring your medical certificates are in place for work. Proper planning will ensure you maximise having a restful and uneventful recovery.
- Patient Information Handouts specific to your procedure are in your personalised folder. If you lose these, there are copies on our website under the 'Patient Resources' tab.
- Start taking vitamin C 1 gram daily 4 weeks prior to surgery.
- Ensure you are eating a healthy balanced diet rich in lean protein, whole grains, fruits, vegetables, and healthy fats. Probiotics are also helpful in the perioperative phase when you are taking antibiotics.
- Observe fasting guidelines: fast from all food for a minimum of 6 hours before hospital admission time. Water only is allowed up to 2 hours before your admission.
- Ensure you bring your postsurgery garment to hospital with you.
- If you start smoking or vaping, please inform our staff. Smoking slows wound healing, increases the chance of infection and compromises your results. You should not have an abdominoplasty while smoking or vaping. See your GP for help with smoking cessation.

Dressing Advice

- Keep your dressing intact. If you have drains, ensure you record the output at the same time every day. If you have queries about how to do this, contact the rooms or hospital where you had your procedure to speak to the nursing staff.
- Usually Mr. Bunker will facilitate you having a shower with the help of the nurses at the hospital prior to discharge. Following this, your dressing needs to remain dry and intact, unless otherwise instructed, until the first postoperative review.
- If your dressing becomes wet or soiled, please inform the practice so the nursing staff can facilitate a dressing change.
- Wear your abdominal binder at all times if possible, but particularly when activating your core i.e. sitting up, getting into bed or walking. It is normal to feel 'tight' or 'hunched over' initially – this will pass within 1-2 weeks.
- If you do need a break from the binder, release it when you are resting and relaxed, such as when watching a movie in bed.
- The binder needs to be situated low 'over the hips'.
- There is often some liposuction performed with abdominoplasty. This can leave swelling and bruising. Compression, either with the abdominal binder or tights, are helpful to expedite healing.

Postoperative Restrictions

- No driving for the first 2 weeks after surgery.
- No heavy lifting for 6 weeks
- No straining the core, or intense physical activity, for 6 weeks. Often the rectus muscles have been repaired and this needs to heal before loading your core. Exertion increases your blood pressure which can lead to bleeding or tension on the wound edges causing them to separate.
- Walks and gentle activity are encouraged.
- After 6 weeks, begin your core exercises gradually and as dictated by your comfort levels.

Bleeding

There is occasionally some 'strike-through' present on the dressings and not of concern. Removing the dressing exposes the sterile wound to infection. If ooze is noted, attempt direct pressure for 10-15 minutes, ideally with something cold (such as ice wrapped in a towel). If the bleeding does not settle or the abdomen or flanks becomes tender or swollen, see Concerns.

Medications

Pain relief and antibiotics will be prescribed prior to discharge. Please take them as directed.

Infection

Infection can present as increased pain, redness, ooze or a foul smell. If you have concerns regarding infection please call the rooms so we can arrange for an expedited review.

Scar Care

After removal of sutures, application of a scar reduction agent can help improve the final scar. We sell a range of Scar Care products in the practice which can be purchased before surgery or after your first dressing change. You should use these products for a minimum of 3 months. Consult your Scar Advice handout for more detailed information.

Final Shape

There will be changes as the abdomen settles and swelling resolves. Final shape is usually achieved at approximately 6 months, with most of these changes occurring in the first 3 months.

Concerns

If you have concerns, please contact the practice directly on (03) 6776 0150. In an emergency or out of hours please present to or contact one of the following medical centres.

- Urgent Care Centre at Newstead Medical, Launceston (03) 6338 9898
- Launceston Medicare Urgent Care Clinic at The Hub, Launceston (03) 6310 8309
- Urgent Care Clinic at MyClinic Plus, Devonport (03) 6406 5492
- Launceston General Hospital (03) 6777 6777



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