DEXTRA
PLASTIC SURGERY

**Mr Markus Nikitins**

**83 Kensington Road Norwood**

**All enquiries: 8223 7870**

# Post Operative Instructions

# ABDOMINOPLASTY

**Your next appointment is:**

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*If you are unable to keep this appointment please ring 8223 7870*

✓ Reviewed by Consumer Representative
2022-02

# ABDOMINOPLASTY

- Wear the recommended compression garment continuously for 4-6 weeks. This can be removed for bathing and washing.

- Depending on your procedure, you may have been given stronger pain relief medication such as Panadeine Forte. If not, regular Panadol should be adequate.

- Common sense restriction of physical activity in the early post-operative phase is necessary to avoid potential pain, bleeding or wound disruption.

- Avoid heavy lifting or straining

- You may experience minor bleeding and wound seeping. This is normal. If bleeding persists, firm pressure for 5-10 minutes should stop it.

- Hypafix (white tape) is used to support your surgical wound. This can be safely washed and will quickly dry. This will changed at your first post operative appointment and continue to be worn for six weeks.

***If you have any concerns please contact your Surgeon on 8223 7870 during business hours***

***After-hours post operative emergency***

***please ring: 1300 339 872***