

Mr Markus Nikitins

83 Kensington Road Norwood

All enquiries: 8223 7870

Post Operative Instructions

Abdominoplasty

Your next appointment is:

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



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- 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 a prescription for stronger pain relief. Otherwise, Paracetamol taken regularly 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 fluid seepage from the wound which is normal. If bleeding continues apply firm pressure to the area for 5-10 minutes. This should help stop the bleeding.
- Hypafix (white tape) is used to support your surgical wound. It can get wet and may be gently dried with a clean, dry towel. The tape will be changed at your first post-operative appointment and should continue to be worn for three months following surgery. This can be changed when necessary.

If you have any concerns, please contact your surgeon on 8223 7870 during business hours