

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223



216032 or patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Department of Plastic and Reconstructive Surgery Ward L5

Patient Information

Abdominoplasty discharge information

Document history

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You will be discharged from hospital approximately two to three days after your operation.

Your wound dressings will stay in place when you go home. When you are discharged, you will either be asked to see your practice nurse at your doctors surgery/health centre or attend a dressing clinic appointment at Addenbrooke's for dressing changes. If it is decided that a dressing clinic appointment is required then the appointment will be made for you by the hospital and sent to you in the post. If you have not received your appointment date/time then please contact the ward. If you are going to attend your doctors surgery/health centre to have your dressings changed, it will be necessary for you to make the appointments. Dressings normally need changing every two to three days.

You will leave hospital with an abdominal binder on. You will need to wear this day and night for six weeks. You can request a spare binder although they are hand washable.

Showering and bathing should be discussed with your consultant.

You may be visited by a physiotherapist during your stay in hospital who can provide advice on mobilisation.

An appointment will be sent to you in the post to ask you to attend the outpatients department in four to six weeks to see your consultant or a member of his team.

Depending on your type of work, it is recommended you have approximately four to six weeks off work. The ward can issue you with a sick certificate upon request or you can get one from your GP.

Pain relief

Some discomfort after surgery is to be expected. You may have been given pain killers when you were discharged from hospital. Continue taking these as instructed on the packet. If you did not receive pain killers on discharge, it may be because you did not require any at the time. In this situation, if you do require pain relief, we advise that you take paracetamol. If you require alternative painkillers to paracetamol then you should contact your GP or contact the ward for advice.

Driving

You should avoid driving for four to six weeks. You should check with your insurance company to confirm your insurance remains valid.

Household chores

You are advised to refrain from any heavy pulling and pushing and such activities as vacuuming, pushing shopping trolleys and hanging out washing. These activities need to be re-introduced over a period of time. It is important to listen to your body and rest when needed.

Sexual activity

This varies from person to person and should be guided by your own comfort.

Complications

It is important for you to be aware of the signs and symptoms of wound infection. These may include:

- Redness
- Swelling
- Fever