

POSTOPERATIVE GUIDELINES

ABDOMINOPLASTY

- ✓ Drains removal (when the fluids level is less than 50ml/24hours)
- ✓ Stitch removal 7 days after the surgery
- ✓ Maintaining a bent position day and night (at least for 7-10 days after the surgery)
- ✓ Wearing a postoperative belt for 6-8 weeks after the surgery
- ✓ Weekly check ups with the surgeon for 4 weeks
- ✓ Massage and applying postoperative anti-scar treatment or silicone gel scar sheetings possible 3-4 weeks after the surgery
- ✓ Final check up 6 months after the surgery
- ✓ If the surgery included hernia and fascia surgery, it is highly recommended to avoid lifting heavy objects, pushing and tearing objects for 3 months after the surgery. It is as well recommended to avoid constipations.
- ✓ Possibility of applying balms boosting recovery and reducing swelling from DAY 7 after the surgery
- ✓ Possibility of starting anti-scar laser treatment when the wound is healed and scabs cast off