



**Post Operative Care**  
**Tummy tuck**  
**Abdominoplasty**

# Perfecta Cosmetic Surgery

The North's premier plastic surgery clinic

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## Tummy Tuck, (*Abdominoplasty*)

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### Your package of care.

All of your after-care is provided as part of your package of care, so you don't have to worry about a thing. When you are ready to go home, the nurses will give you an appointment for your first check up a week later. Our nurses will arrange to see you again for as long as you need. You will see your Consultant Plastic Surgeon 3 months after surgery. If you have any problems in between appointments then don't worry, just give us a call, speak to the nurses and come back to see us.

### When can I go home?

Most clients go home the same day, once you feel ready. Some choose to stay overnight and go home the next day - you choose.

### Dressings, tapes and massage.

We use showerproof tape dressings after your abdominoplasty. Continue with the tape for four weeks. After four weeks remove the tape and massage the scar every day with Bio-oil, (*which you can find at Superdrug and supermarkets*).

### Can I shower after my procedure?

Yes, you can shower from day one. We encourage you to shower and wash your hair every day after surgery. The dressings we use are showerproof and are designed to get wet. After showering simply dab your dressings dry with a towel before putting your lycra top and shorts/leggings back on.

### What sort of garments should I wear afterwards?

We encourage you to wear lycra-rich sportswear as much as you can for the first 3 months after abdominoplasty. Ideally two layers of lycra are best – top and shorts/leggings.

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Procedure information & post operative care - Tummy Tuck, (*Abdominoplasty*).

## When can I return to normal activities and work?

Please gently return to all your normal activities straight after your procedure. Most of our clients are back to most things (including work) two weeks after abdominoplasty and are back to everything (Including the gym and exercise classes) in 4-6 weeks. You can drive as soon as you feel safe and able to do so.

## When can I go on holiday?

This is a common question in clinic, particularly leading up to the summer. You could travel the following day if you need to. However it would be sensible to wait a couple of weeks. Most patients settle well and without any problems after abdominoplasty. However if you do have any issues then it is nice to be able to pop in and see us.

## Sun protection and skin conditioning.

Your chest will be more sensitive in the sun for a while after abdominoplasty. Look after yourself in the sun, particularly in the first six months after your procedure. Factor 50 suncream and lots of moisturising cream, (*or Bio-oil*), are helpful.

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