

## Self – care in abdomen cosmetic surgery (abdominoplasty)

we all want a smooth and flat belly. we try to get it through sport and control weight , but sometimes it dose not work. Through abdominoplasty elcess fat and skin are removed and the weakened or separated muscles are returned to the natural form.

## The reasons for hanging , lose or sized belly

pregnancy , ageing , weight gaining , heredity and prior surgery.

## Things removed in abdominoplasty

- \*Deformation and ugliness of abdomen.
- \* Unsal size of abdomen .
- \*Skin sagging
- \*Wrinkles in the abdomen
- \*Weakness of abdomen muscles.
- \* deformation of the last surgery.

It is recommended that women do this surgery after their last pregnancy because a new pregnancy can damage the result of this surgery and also the stitches inside abdomen make the caesurean harder.

## Proceedings before the surgery

In the first visit the patient is examined in terms of aesthetics , function and appearance.

## The patient is asked to

- ✚ stop smoking four weeks before the surgery and let the doctor know about all his medical history.
- ✚ Stop taking aspirin , NSAID and herbal medicine (which increase the possibility of bleeding).
- ✚ drink just juice a day before surgery to keep the stomach empty, do not use flatulent products.
- ✚ take one castor capsule two days left to the surgery and two castor capsules one day left to the surgery to empty the intestines.
- ✚ Let the surgeon know if you had history of abortion or thrombus.

This surgery is done with a general. the patient is taken care directly from 15 minutes before the surgery to one hour after the surgery in recovery.



- ✚ First a horizontal incision is made between pubic hair line and navel.
- ✚ shape and length of the incision depends on the amount of correction.

- ✚ through this incision the weakned muscles of abdomen are repaired and sutured and excess fat tissues and skin are removed.
- ✚ it is likely to have another incision around navel to remove excess skin.
- ✚ finally , stitch , skin adhesives , tapes or clips close the skin incisions - the place of the scar is on caesarean line.
- ✚ At the same time with abdominoplasty , the suction of both sides is done.
- ✚ after the surgery , a bandage is put on the incision . one or more small tubes may be used cancer skin to send out extra blood or liquid substance.
- ✚ Depending on the surgery it takes between two to five hours.
- ✚ The time of discharge from hospital depends on the patients condition and the surgeons idea.
- ✚ Ask the needed points about medicine , pain killers and the next time visit from your surgery.



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## Patient Guide

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#### After the surgery

- ❖ After the surgery , specially in the first 24 hours , the patients abdomen is swollen and may feel a vague headache.
- ❖ This pain is removed by the painkiller prescribed by the surgeon.
- ❖ Numbness is common and will be removed in few weeks. the recovery depends on the age of patient and type of surgery.
- ❖ When your consciousness is low your attendants should give your shoulder massage and you should move your legs every 30 minutes.
- ❖ As soon as you got conscious carefully leave the bed with your nurse . It helps you to recover faster.
- ❖ While sleeping , put a pillow under your knees to lessen the pressure on stitches .
- ❖ You can sleep on your side but bend the knees a little . Do not sleep on your abdomen
- ❖ To lessen the swelling , it is recommended to use a special foundation garment.

#### After the surgery

- Discharge of ichor for few days is usual . cover it with sterilized gauze.
- Avoid flatulent foods . Decrease the amount of food you eat but increase the number of meals Do not talk to pessimistic people.
- You need one week rest after the surgery in this time listen to music , watch film , read books keep your mood as high as possible.

- The only permitted pain killer in the first week after the surgery is acetaminophen. Do not take any other medicine.
- The patient should walk as bowed for two weeks No heavy activity.
- The employed people need two to three weeks rest depending on the surgery.
- Start gentle exercise after 3 rd week after 5 months you can do heavy sports walking can be started from 2 rd week.
- Taking trip after one month has no problem.
- First few weeks after the surgery do not get exposed to sun rags.
- Do not get exposed to stove and hot devices .
- First few days after surgery use clothes with zipper . Be aware of any strike.
- wear special garments for 2 months.

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