

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.

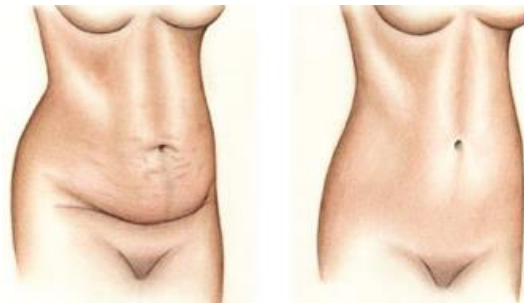
Proceedings before the surgery

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.



یا من اسمہ دواء و ذکر و شفاء



Patient Guide

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Content code:481



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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 there 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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