

Post Operative Instructions

SUCTION LIPECTOMY ABDOMEN

- 1. Please take all medications as directed
- 2. Always clean your hands before touching or caring for your wounds
- 3. The abdominal binder dressing may be adjusted for comfort

The day after the operation you may temporarily remove the binder and. Do not remove the white steri-strips across the wound(s). You can now shower, and after gently drying the area replace the binder. This can now be done on a daily basis until returning to see your doctor

- 4. Keep the binder on at all times unless showering
- 5. Please rest for the first few days after your operation. You may walk around, but do not engage in any strenuous exercise
- 6. Avoid putting strain on your abdomen as you would in a “sit up”, ie. sitting straight up from lying down. You will need assistance, or roll onto your side and sit up sideways. Similarly, do not lift heavy objects that cause you to strain
- 7. If there is excessive redness or irritation with your wound/s, or signs of infection, or if you develop a fever above 37.5°, please telephone our rooms on the numbers above. If you are unable to contact us at the rooms, please telephone the after hours number instead

Follow up appointment:

at: Kogarah Rooms Miranda Rooms

If you have any questions or concerns, please contact us on one of the numbers above.

Please see the reverse for garment care instructions →



COMPRESSION GARMENT CARE INSTRUCTIONS

use cold/cool
water only



use gentle
soap



hand
wash



do not use
bleach



do not use
fabric softener



do not place
in dryer



do not dry
clean



do not
iron

