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## **POST OPERATIVE CARE FOR SUCTION ASSISTED ABDOMEN LIPECTOMY**

Upon leaving the hospital please follow the following instructions for your post operative care.

1. Please take all medications as directed.
2. The abdominal binder dressing may be adjusted for comfort. It is often necessary to undo it and put it on lower down as it tends to ride up.

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

4. Please rest for the first few days after your operation. You may walk around, but do not engage in any strenuous exercise.
5. Please make an appointment to see Dr. Knox as advised

Once you have gone home you should be aiming to rest quietly for a few days. It takes time to recover from any surgery and being a significant operation should be treated with respect. Expect to feel tired over the first week and look after yourself accordingly. Get as much rest as you can and take life quietly.

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