

POST OPERATION INSTRUCTIONS

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FOLLOW THE INSTRUCTIONS GIVEN BY DR SOMIA CLOSELY - IF YOU EXPERIENCE ANY OF THE FOLLOWING PLEASE CALL US OR AFTER HOURS CONTACT THE HOSPITAL AND ASK FOR DR SOMIA.

- Fever/chills (temperature higher than 38o)
- Heavy oozing/bleeding from the wound
- Increased swelling around the wound
- Increased pain
- Difficulty breathing or passing urine
- Spreading redness around the wound or foul odour

HOSPITAL PHONE NUMBER

- Lakeview Private Hospital – 8624 5000 or 8711 0736 (after hours)
- Prince of Wales Private Hospital – 9650 4000
- Norwest Private Hospital – 8882 8882

BASIC WOUND CARE

LEAVE THE DRESSINGS INTACT UNTIL YOU SEE DR SOMIA. If the dressings fall off and you have been given Chlorsig Eye ointment (also used in plastic surgery) apply to the suture line 3 times per day. If you are concerned about the appearance of the dressing, you can place another dressing on the top. Do not remove the dressing yourself. If the tape falls off use a similar tape or a bandaid.

DO NOT GET THE WOUND WET. You can usually shower fully after the post-operative visit. Until then use a handheld shower or sponge bath. If the tape gets wet pat it dry and let it air dry.

IF THE WOUND STARTS TO BLEED, SIT DOWN AND REST, APPLY GENTLE BUT FIRM PRESSURE FOR 5 MINS WITH THE PALM OF YOUR HAND. Most bleeding will stop. If bleeding continues please contact us or the hospital (seek medical attention). If the wound is itchy, use gentle pressure with the palm of your hand, under no circumstances should you rub the suture line vigorously.

MEDICATIONS

Take your prescribed medications and analgesia such as Panadol. If you feel you need stronger painkillers contact our office. Antibiotics are not always necessary except in special cases. If you have been prescribed antibiotics take them as instructed. You can recommence your regular medications soon after your surgery.

ACTIVITIES AFTER SURGERY

- Avoid smoking/vaping as it delays healing and increases the risk of complications.
- Do not drive, work, act as a carer or sign important documents for 24 hours following anaesthetic. You may find you will need to have a rest in the afternoons following surgery. Check your motor vehicle insurance policy for any restrictions.
- If you have DVT stockings you can remove them when you return home.
- Stay well hydrated, eat well + take it easy for the next day or two.
- Only light activities are permitted until the first post-operative visit. No activities that increase your blood pressure or heart rate should be undertaken for 2 weeks. Walking normally is allowed. Avoid any activity that causes straining, coughing, lifting or stooping. If possible avoid sneezing. Keep your head elevated at night and avoid lying on your side or face.
- Do not use makeup/sunblock over raw suture line until wound completely heals (2-3 weeks).

LIPOSUCTION

COMPRESSION: Wear your garment 24/7 for 12 weeks unless advised otherwise by Dr Somia. The garment helps the fluid drain, minimises your risk of haematoma's, seroma's and reduces bruising. Your garment holds your skin in place while it reattaches to the underlying tissue.

DRESSINGS: It is normal for your dressings to be soaked from the blood tinged liposuction fluid in the following days. You can have a quick shower however you should not soak or be fully immersed in water for at least 2 weeks following surgery. Your wounds will initially be covered by a waterproof dressing.

If this dressing gets soaked and no longer keeps your wound dry/protected from water, remove it and gently pat the wound dry and cover with a fresh dressing (you can purchase any dressing you like from the chemist). Liposuction: All of your sutures are dissolving and will spontaneously fall out over the course of the next 2-3 weeks. Abdominoplasty patients will need sutures removed by Dr Somia. You can wear your garments in the shower as they dry quickly or you can remove it for showering purposes only.

SWELLING AND BRUISING: You will swell to your original size or even larger. This will peak at 3-5 days and then begin to subside. You may also experience swelling and bruising in the ankles and genitals. Swelling takes 6-12 weeks to subside.

ITCHING, NUMBNESS AND TINGLING: Itching of the treated areas is normal and indicates healing. Numbness and tingling is also normal and in most cases resolves in 3 months. You can use regular moisturising cream over intact skin.

DRAINAGE: Most stops in 24-48 hours. You may find it helpful to carry absorbent pads.

CONSTIPATION/MENSTRUAL CYCLES: Removal of the fat cells may result in constipation, loose or fatty stools and a more intense period.

ACTIVITIES: The only activity permitted for 6 weeks is walking. Recommence normal physical activities after 6 weeks. In doing so you should gradually ease yourself into activities. During the 6 weeks avoid heavy lifting including moderate to heavy objects, pets or children, reaching for the top shelf, reaching cabin baggage, pulling luggage off the conveyer belt. You can drive when you can safely make an emergency stop. An emergency stop is when you have to slam your breaks. Usually you can recommence after 4 weeks. Check your motor vehicle insurance policy for any restrictions. Laying in bed you should have at least one pillow under your knees.

FOR LIPOSUCTION: WALK, REST, HYDRATE, REPEAT: Keep moving, increase fluids. Walking speeds up drainage, reduces inflammation and aids healing. Increase activity gradually.

RECEIPTS

You will usually receive your receipt at your first post operative visit. The anaesthetist will send you a receipt separately.