

## Available Procedures At Manchester Private Hospital

### BREAST SURGERY

- Breast Enlargement
- Breast Reduction
- Breast Uplift
- Fat Transfer Breast Aug
- Breast Re-Augmentation
- Breast Asymmetry
- Breast Reconstruction
- Transgender Breast Surgery
- Nipple Correction

### BODY SURGERY

- Liposuction
- Vaser Liposuction
- Vaser Hi-def
- Tummy Tuck
- Mini Tummy Tuck
- Arm Lift
- Thigh Lift
- 360 Liposuction
- Body Lift Surgery
- Buffalo Hump Removal
- Fat Transfer
- Lipoedema Liposuction
- Pubic Fat Pad Removal
- Gynecomastia
- J Plasma Renuvion
- Vaginal Tightening
- Labiaplasty
- Varicose Veins
- Pelvic Floor Repair
- Brazilian Butt Lift
- Mummy Makeover

### FACE SURGERY

- Facelift
- Facial Lipo
- Chin Implants
- Eyebrow Lift
- Nose Surgery
- Eyebag Removal
- Ear Correction
- Septorhinoplasty
- Neck Lift Surgery

Excellent  ★ Trustpilot

### CONTACT US

#### Manchester Private Hospital

New Court, Regents Place, Windsor Street Salford,  
Greater Manchester, M5 4HB.

 0161 507 8822  manchesterprivatehospital.uk



MANCHESTER  
PRIVATE HOSPITAL

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# Post-Operative Advice Abdominoplasty

## WHEN IS MY MEDICATION NEXT DUE?

Pain Relief - Time \_\_\_\_\_

Antibiotic - Time \_\_\_\_\_

FOR MEDICAL EMERGENCIES

**0787 439 7261**

FOR ANY GENERAL ENQUIRIES

**0161 507 8822**

manchesterprivatehospital.uk

AFTER SURGERY

It is advisable to walk slightly bent at the hips for 7–10 days after the surgery so as not to place any tension on the scars. We also advise that you sleep with your knees bent supported with pillows for the following week after surgery for same reason.

Please keep your dressings dry and refrain from bathing and showering until advice from the nurse at your 7 days post-operative wound check appointment. Your nurse will remove the dressings and clean the wound. Fresh dressings will then be applied (if required), and you may be given a second appointment to attend further nurse appointments until you have healed completely. The healing process is different for every individual patient, and it may take several weeks before you heal fully. Stitches are removed or trimmed depending on whether they are dissolvable or removable at approximately 1-2 weeks post-surgery.

Swelling and bruising is a normal part of the surgical healing process. The healing process is usually between 6-8 weeks. The final result will be seen after 4-6 months. A review appointment will be made with your surgeon at around 6-8 weeks post operatively so that a full assessment of surgical outcome can be made.

You will be given a surgical compression garment and sometimes also a Velcro binder for extra compression. This is an essential part of the healing process, and it is imperative that you the garments as directed for around 6-8 weeks post operatively. Your surgeon will provide the clinic nurse with clear instructions as to how long this must be worn as your surgeon will tailor your specific

specific requirements depending on your individual requirements.

The scars may be red and often very thick for some months after the surgery. The process of scar maturation may take as long as 2 years. They will eventually soften and fade over time but, massaging the scars using Bio Oil can help this process only once fully healed at around 6 weeks. We also recommend Lipo Heal cream by LipoElastic.

Do not expose your scars to the sun or use sunbeds for at least 12 months after surgery. Then sun block must be worn on holiday etc.

Do not smoke for at least 1 month before surgery and 3 months after. Nicotine from cigarettes, patches and vapes cause the blood vessels to constrict which causes lack of good blood supply to the wound. This can lead to wound break down and infection.

Eat a good diet with protein, fruit and vegetables to promote.

PAIN

You may experience pain or discomfort in the first few weeks following surgery. Take the pain relief medication as prescribed. It is normal to expect some post-operative pain.

Take the medication at regular intervals as prescribed and stop taking the pain relief when you no longer need them.

Pain relief that contains codeine can make you constipated and bloated therefore stop taking codeine when you no longer need it to help avoid unpleasant side effects to your mood and digestive system. If you do become constipated,

we advise you take Senna or a similar over the counter remedy from the pharmacy.

Avoid Alcohol, Aspirin and Ibuprofen for at least 1 week after surgery as they may aggravate bleeding and bruising.

If you experience undue pain, swelling, bleeding or discharge from the wounds or have a fever, you must call the hospital to make arrangements to see the nurse for review.

A course of antibiotics will be provided, and you will need to take these as prescribed. It is important to complete the course.

ACTIVITY & EXERCISE

**Wear your surgical stocking as instructed (minimum 2 weeks) to reduce risk of DVT**

Rest for the first 2 weeks following surgery but stay mobile to help reduce the risk of deep vein thrombosis DVT. For the first 6 week you should only do light activities. A gentle walk every hour helps promote good circulation.

For activities such as tennis, golf, swimming or strenuous exercise you should wait at least 10 weeks before starting to gradually work yourself back to normal.

In an emergency such as breathlessness, chest pains call 999 or signs of deep vein thrombosis such as swollen painful calf please go to A&E as these are life threatening symptoms & urgent medical attention need to be sought.

EMERGENCY

IN CASE OF AN EMERGENCY AND NOT ABLE TO CONTACT OUR NURSING TEAM, PLEASE CALL 999 AND ATTEND ACCIDENT AND EMERGENCY