

## Abdominoplasty

### Before the Intervention:

- If you are having a full anaesthetic, do not eat, drink or smoke 6 hours before the surgery.
- Taking aspirin (or any other medicinal product containing acetylsalicylic acid) is also forbidden for 10 days before the intervention.
- You are advised to take “Nutrionium” food supplements during the month before the intervention. This can be bought at Beclinic or your pharmacy.
- On the day of the operation, you are advised **not to wear any make-up, nor any nail varnish**.
- On the day of the operation, you are advised not to wear contact lenses.
- On the day of the operation, you are advised **not to wear any jewellery or Piercing**.
- On the day of the operation, you are advised to wear loose-fitting and comfortable clothes.
- In the morning before the intervention, the body must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).

**It is important and obligatory to wear anti-embolic stockings on the day of your surgery. Please provide the long ones up to above the knees. These you can buy at the pharmacy or at our clinic (€ 30 €).**

*NEW: pre- and post-operative hyperbaric oxygen therapy. HBOT helps wound healing by bringing oxygen-rich plasma to tissue starved for oxygen. This therapy helps to improve/accelerate the healing process. Cost: € 180 € for 2 sessions.*

### After the Intervention:

- Driving is forbidden for 24 hours after the operation.
- During **the first 14 days** after the intervention, you MAY NOT stretch out entirely and you must walk with your back slightly arched in order to avoid stretching the wound too much.
- After the intervention, some drains are put in place, which must be kept there for approximately 7 days (can be longer); they will be withdrawn at Beclinic or by the attending physician when the flow is less than 10cc of liquid per day. Do not empty the drains yourself!
- After the intervention, a compression belt must be worn for a month, day and night. Once the drains have been removed, the belt can be briefly taken off for a quick shower while keeping the dressings in place.
- You are advised to take Dafalgan (Paracetamol), at a rate of 1g, 4 times a day, alternatively with Ibuprofen 600mg, 3 times a day and, possibly, Oxynorm instant 5mg, twice a day. This last medication should be discontinued in case of nausea.
- Depending on the procedure, you will be given an adjusted pain schedule!
- Antibiotics will be prescribed for you and must be taken 2 times a day.
- You are advised to take “Nutrionium” food supplements for a month after the intervention in order to accelerate the healing process.
- An oedema will appear after the operation, but it will disappear of its own accord.
- The stitches will be removed after 14 days by your doctor or at Beclinic. Sometimes no stitches have to be removed as the scar will be glued. This will be mentioned in your personal letter given after your surgery.
- Once the stitches have been removed, the doctor will apply some steristrips as well as a watertight dressing, which will be removed after 5 days. The scars can be massaged with Zeitschild scar care cream (you can buy it at our clinic). One month after the surgery, a silicone dressing (of the “Bapscarcare”, “Cerederm” or “Dermatix” variety) can be applied in

order to help the wound to heal. The scars must be absolutely kept out of the sun for at least 1 year.

- A special aftercare package has to be purchased at the clinic for 50£/€ if aftercare isn't performed by the Beclinic team. (including spare drain and bandages)
- It is recommended not to carry any heavy objects or practise any sport for 8 weeks after the intervention.

We'd like to see you back for all after care in our Beclinic. A check-up is indicated after 72hours, 14 days and 8-10 weeks after surgery. You may book your check-up appointment(s) at our secretariat. For all In case of further questions, please email [webinfo@beclinic.com](mailto:webinfo@beclinic.com) or call our secretaries at +323099000 or on our free whatsapp number +32 (0) 477 322 000

After the operation, you will receive a personalised letter from us with important information that applies specifically to you. It may differ from the guidelines in this document.

