

Post 6-8 Weeks -Treatment Instructions – Abdominoplasty & Liposuction of Abdomen/Flanks The 2 Months After Surgery

After the surgery, most women experience almost full recovery in 2 months or so. Despite this, Dr. Ledding advises patients continue to be careful with their abdominal area.

After around 2 months after surgery, the abdominoplasty will begin to feel more natural and softer. And while acute abdominoplasty & liposuction recovery may be complete, the swelling could continue for up to a year.

Here is a general idea of what you can anticipate:

- **Incision Care.** There are scars after abdominoplasty & liposuction surgery, but they will fade and become smoother in 12-18 months after surgery. Dr. Ledding will recommend a product for healing, such as CytoDerma. It is a transparent, quick-drying silicone gel that improves the appearance of scars, which you can purchase from the clinic. Alternatively, you can order silicone strips online. These should not be used until all wounds are closed, and all glue has fallen off.
- **Soreness & Pain.** You will feel tender, stiff, and sore for a few months. This will subside.
- **Swelling.** As with all surgeries, swelling will be an issue. Swelling will decrease significantly in the first 6-8 weeks, then is a slow, gradual softening over 12-18 months.
- **Abdominal Massage.** Especially along the lower fold, is essential. This is an aggressive massage to break down scar tissue, and therefore, Dr. Ledding will instruct you when to start, to avoid harming your incisions. This is done twice a day, for one-year postop.
- **Sleeping.** You can sleep on your side and chest now.
- **Compression Garments.** You do not need to wear these anymore but should wear a soft, supportive underwear during the day. Avoid tight fitting underwear for the 1st year.
- **Bathing.** You may bathe/shower as before.
- **Activity/Exercise.** You may lift more than 10lbs, take your time and start reaching activities.
- **Ease Into Exercise.** Ensure you get clearance from Dr. Ledding before returning to weight training and high-impact exercise. These activities can put a lot of stress on healing tissue, so wait till your doctor says you are ready.

If you have any questions, please contact our office at 306-780-3650. We'd be happy to assist you.

Your Patient Care Team!



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