

TIA LIU

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Dressings:

- Dr Liu will remove the dressings at the follow-up appointment. Sutures will all dissolve.
- You may shower after the drain is removed. You can sponge bath in the meantime.
- Avoid soaking your wound in bath water, pools, hot tubs etc. for the first 2 weeks. If the dressings get wet, please remove them.
- Please keep the foam and binder on as much as possible for the first 6 weeks.

Activity:

- Rest and relax for the first few days after surgery when the risk of bleeding is the highest.
- Make sure you walk at least 30 minutes a day to avoid a blood clot.
- It is normal for the abdomen to feel very tight after the surgery. Try to walk with a bend at the waist for the first few days after surgery until you can tolerate a straighter posture.
- If your abdominal muscle separations were repaired, you will need to avoid activating your core muscles. This means turning on your side and pushing yourself up when getting up from the bed.
- You may increase your activities after 4-6 weeks. Avoid any heavy lifting and strenuous activities until 6-8 weeks after surgery.
- After 3 weeks, once the scar is pink, you may begin massage the scar to reduce pain and swelling. Scar gel, Bio-oil or vitamin E ointment are all great to use. If you experience irritation from the topical ointment, discontinue use immediately.
- The swelling will take 3-6 months to settle down.

Discomfort:

- You may need stronger painkillers for the few days after surgery. Over-the-counter Ibuprofen and/or Acetaminophen may help to reduce the pain if you find that the narcotics are too strong.
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If any of the following problems occur, please notify Dr. Liu's office or go to the ER

- If you are pale, feel dizzy or if there is pain and swelling on one side of the abdomen. This may indicate a bleed that can be life threatening.
- Difficulty breathing or one calf that is more swollen and painful than the other. There may be a clot in your leg or your lungs.
- Increased redness, pain, fever or chills.
- Foul odour and/or increased drainage from incisions.

Follow-up appointment:

- An appointment should be scheduled for approximately 7 to 10 days after surgery, 1 month after surgery and again at 3-6 months if needed. Please contact our office to schedule your appointment.