

Guidelines for invasive procedure aftercare

Abdominoplasty

Stay in the hospital	1-2 nights
Initial follow-up visit	On the 2.-3. week
Next mandatory visit	On the 3rd month
The bandages will be removed with drains	On the 2nd-3rd day
First shower	On the 5th-7th day
Wear supportive underwear	For 2 months
Use patches	For 1 month
May go to work	After 2 weeks
Bruising appears	For 2-4 week
Swelling appear	1 year
Avoid physically hard work	3 months
Avoid sexual relations	1 month
Threads self-dissolve	For 3-4 week
The sutures will be removed	On the 3rd-4th week
Forbidden to smoke	2 months
May go to sauna	After 2 months
Decrease of sensitivity in tissue may manifest	For 6-12 months
Outcome can be evaluated	After 12 months
Protect skin from UV radiation	For 1 year