

The following instructions should be followed after your discharge from hospital in order that healing occurs and the best cosmetic results are obtained. Read the instructions carefully. If you do not understand them, have any questions, or wish any further information, please do not hesitate to ask the nursing staff and myself. WE ARE HERE TO HELP YOU.

When you leave the hospital you will be wearing a special support girdle, which we will provide for you. Your incision will be protected by small strips of special tape and light gauze padding. The girdle will be firm and comfortable, but not tight. Do not fold the girdle at the waist. Try to keep the upper portion of the garment as smooth as possible. If the garment has an opening between the legs, it is there to allow you to void without pulling the garment off and on. The girdle is worn for 6 weeks day and night following surgery. If your girdle is not fitting properly, let me know. We may need to change it, or you may need to buy a standard girdle like Body Slimmers by Nancy Gatz (can be found at Sears).

You may shower on the third day following surgery. It would be best to have assistance with removing the girdle to avoid straining. Use a non-irritating soap. Do not rub the incision area; just allow the soap and water to flow over the area. Do not be alarmed if some tapes fall off during your shower. Pat the incision and dry with a soft towel.

DO NOT RUB. This daily routine will help to keep your incision clean and promote healing activity.

Limit your activities and avoid lifting and stretching. Walk in a stoop position for 3 to 5 days after surgery. After 5 days you may start to straighten out gradually. Stooping prevents pulling on your incision. I will advise you regarding exercises and when they may be resumed. Returning to work will depend on the type of work you do. I will advise accordingly. When getting up from lying down, roll over onto your side and push up with your arms. Do not use your abdominal muscles.

Your incision line will be sensitive to sunlight and artificial light of a tanning booth; avoid direct exposure for 3 months. Use sunscreen for one year post-op.

Notify me if you notice excess drainage from your incision, separation of the incision, or redness accompanied by swelling, tenderness and pain. If you have any questions, please do not hesitate to get in touch with the office. If you have any concerns after hours, please proceed to the nearest Emergency Department to be assessed by a qualified Physician. If they have any concerns, they can contact me through Strathroy Hospital.

**Dr. Marignani's Office Number:**

**(519) 438-1130**