

# DAVID FLOYD

PLASTIC SURGEON

## *Follow-up, return to work and exercise*

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When you are discharged from hospital, you will be given pain-killers to take home and an appointment will be arranged for your first dressing change, which is usually 7-10 days following surgery. At this appointment you will meet the Plastic Surgery Specialist Nurse, who will remove your dressings, check the wounds and trim or remove any sutures.

Mr Floyd will want to keep a close eye on you after your surgery and appointments will usually be at 1 week, 6 weeks, 3 months and 6 months following surgery. If you would like to see Mr Floyd at any time between these appointments then you can arrange this with one of his secretaries or specialist nurses.

Bear in mind that although the wounds on the surface look fully healed there is still much healing to take place on the inside. This can last up to 6 weeks. That is why we recommend you avoid exercise during this time as it will cause more swelling and bruising.

Swelling after surgery is common and to be expected. Swelling in the skin and underlying fat makes the skin feel firm and rubbery. It can take up to 3 months to disappear. Some patients accumulate a fluid collection, which can feel very odd and cause swelling. This is also normal and we may decide to drain the fluid with a needle, which will help you feel more comfortable.

When you get home we expect that you will want to rest, however it is important that you get up on your feet at least every 2 hours during the day. This will help encourage the circulation in your legs and minimise the risk of deep vein thrombosis (DVT).

### *Driving*

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In order to be able to safely drive a car after surgery you must be able to steer the car and perform an emergency stop. The timing of this can vary from a few days to a few weeks depending on the type of surgery. Mr Floyd will be able to advise you.

### *Work*

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For most procedures that require a general anaesthetic we would advise you to take the following week off work. Concentration for long periods can be difficult during the first week, so don't assume to be able to work a full day at home. Some patients are still not ready at 1 week to use public transport so if you plan to return to work at that point you may need to make alternative travel arrangements.

### *Exercise*

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When you recommence exercise after 6 weeks we ask you to build it up slowly.

Listen to your body! If you over do it, you will feel it, then slow down. If it feels good, and there is no discomfort then keep going. Gradually over a few days or weeks you will be able to return to normal activities.