

Post surgery advice



Do's

- Rest
- Drink plenty of water
- Take pain relief if you are able to
- Keep your wounds clean
- Dry your bellybutton with a hairdryer on a cool setting after having a shower
- Take a stool softener if recommended
- Reach out for help if you need it
- Talk about your experience if you feel comfortable doing so
- Call your GP/111 if you need medical advice

Don'ts

- Get a bath for 2 weeks
- Lift anything heavier than a kettle with 2 mugs of water inside for 2 weeks
- Drive until you are safe to do so
- Over exert yourself, walking is okay but no vigorous exercise until you feel safe to do so
- Poke or pick at your stitches

