

Belly Button Surgery (Umbilicoplasty) Aftercare Instructions

BELLY BUTTON SURGERY (UMBILICOPLASTY) AFTERCARE INSTRUCTIONS

Thank you for choosing Belly Button Surgery (Umbilicoplasty). This procedure reshapes or repairs the navel for cosmetic or reconstructive reasons. Proper aftercare is essential for smooth healing, minimal scarring, and the best possible results. Please follow the instructions below carefully.

IMMEDIATELY AFTER SURGERY

Dressings & Bandages: Your navel will be covered with a dressing to protect the incision and keep it clean. Keep the dressing dry and in place until your surgeon advises removal or change.

Mild Discomfort, Swelling & Bruising: Some tenderness, swelling, or mild bruising is normal and should improve within the first 1-2 weeks. Your surgeon may prescribe pain relief—take as directed.

Rest & Recovery: Rest for the first 24-48 hours. Avoid bending or stretching excessively to prevent strain on the incision.

FOR THE FIRST WEEK

Wound Care: Keep the incision clean and dry. If instructed, gently clean with saline or mild soap and water, then pat dry—do not rub. Avoid submerging the area in baths, swimming pools, or hot tubs until fully healed.

Activity Restrictions: Avoid lifting anything heavier than 5-7 kg for at least 2-3 weeks. Refrain from strenuous activity, abdominal exercises, or any movement that pulls on your stomach area.

Clothing: Wear loose, comfortable clothing to avoid friction or pressure on the surgical site.

FOR THE FIRST MONTH

Scar Care: Once fully healed, you may use a scar-reducing cream or silicone gel as recommended by your surgeon. Protect the area from direct sunlight to avoid pigmentation changes.

Physical Activity: Gradually resume normal activities after your surgeon's approval. Avoid high-impact exercises or core workouts until cleared.

COMMON SIDE EFFECTS

Common Side Effects: Mild swelling, redness, or bruising. Temporary numbness or tingling in the area. Light oozing from the incision for the first day or two. These are part of the healing process and should gradually improve.

WHEN TO CONTACT US IMMEDIATELY

When to Contact Us Immediately: Severe pain not relieved by medication. Excessive redness, swelling, or warmth (possible infection). Pus, foul-smelling discharge, or bleeding that soaks dressings. Fever or chills. Any sudden changes in the shape or appearance of your navel.

LONG-TERM CARE

Long-Term Care: Follow all follow-up appointments to ensure proper healing. Maintain a healthy diet and hydration to support recovery. Avoid smoking, as it can delay healing.

PATIENT CONFIRMATION

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout