

## **Post-Operative Instructions for Abdominoplasty/Panniculectomy**

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (413) 731-7877.

- Minimal activities for the first 4 days after surgery.
- Sleep on back with head of bed elevated. Use pillow to support abdominal wall when sitting up.
- You may ice your abdominal wall for the first week to decrease swelling and pain. Avoid heat to prevent a burn to the skin.
- You may change the gauze dressings as needed. You can use ABD pads or maxi pads.
- While drains are in place, you may sponge bath only.
- You should wear the abdominal binder at all times for 1 month.
- NO heavy lifting (greater than 15 pounds), pushing or pulling for 4 weeks after surgery.
- NO driving or working while on pain medications.
- You may take Tylenol for pain or Benadryl for itching if needed.
- Avoid Advil, Motrin, or Ibuprofen for the first week after surgery but you may take them any time after the 1<sup>st</sup> week.

You can expect:

- Drains to be in for 1-2 weeks after surgery.
- Sutures to dissolve.
- To return to non-strenuous work within 3-7 days.
- Moderate discomfort which should be relieved with pain medications.
- Moderate swelling of abdominal wall.
- Bruising around incision.
- Some bloody or clear drainage on dressings for the first week after surgery. Wear pad to keep clothes clean.
- Changes in skin sensation.
- Intermittent sharp stabbing pain to the abdominal wall as the skin nerves are repairing. This is temporary but may last for 3-6 months.

Call the office if you experience:

- Severe pain not relieved by pain medications.
- Increased swelling or firmness greater on one side than the other.
- Excessive drainage on dressings that is increasing.
- Incisions that appear to be opening.
- Any red, hot, or pus containing areas.
- A fever greater than 101.5
- Call the office at any time with questions.

**As time goes by and you are healing**, the following apply:

- Most swelling, bruising and soreness resolves within 6-8 weeks.

- Return to strenuous activities in 4-6 weeks.
- The scar will continue to fade for up to 2 years.

Some supplies that may be helpful to purchase prior to surgery:

- 1 box of gauze pads or maxi pads for dressing changes
- 1 bottle of antibacterial soap
- 1 roll of paper tape
- 1 tube of bacitracin ointment

\*\*We require 48 hours for prescription refills. Please call in advance.