

## **Abdominoplasty/Panniculectomy Instructions**

Aesthetic and Reconstructive Plastic Surgery

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### **Activity:**

- No lifting greater than 10-15 pounds for 4-6 weeks following surgery.
- Try to abstain from activity which may raise your blood pressure for 1-2 weeks after surgery. You may walk and use stairs to perform your basic activities of daily living. You should be able to walk upright.
- No driving until cleared by your health care provider. No driving while on pain medications.
- Shower two days after surgery. If external staples/sutures are used, wash with a mild soap, do not scrub the incisions. No soaking in baths, hot tub, pool or lake.
- Continue to wear your abdominal binder as directed. Later you may wear girdle/spanx.

### **Wound Care:**

- Wound care may vary among individuals, but it is important to keep the wound clean and dry. Clean the incision with mild soap. Use antibiotic ointment 2-3 times per day if ordered.
- Empty and record drainage twice daily, more frequently if needed. Milk the drain tubes as directed with each emptying.
- It is normal to have a small amount of drainage when the drains are removed. Usually takes 1-2 days to heal. Cover with dry gauze if needed.

### **Medicine:**

- You will go home with an antibiotic, take as prescribed until the medication is gone.
- Take pain medication as instructed, only as needed for pain.
- Do not take aspirin or other over the counter pain medication for 2 weeks after surgery, unless instructed by the health care provider.

Healing is a gradual process. Expect the pain in your abdomen to slowly improve. It is normal to feel discouraged while waiting for pain, swelling and bruising to diminish.

Call the office if you notice redness, swelling around the incisions, purulent (pus) or foul smelling wound drainage, wound separation, or if you have a temperature of 101.5 degrees F or greater.

For questions or concerns on the weekends/holidays and after hours call 317-880-0000.