



TAROLA PLASTIC SURGERY
NICHOLAS A. TAROLA, MD

Panniculectomy

You may shower daily once you get home. Do not take a bath until instructed. Wash incision with soap and water daily. Leave tapes in place and pat dry after your shower. Occasionally we will place an abdominal binder around your tummy after surgery to provide gentle pressure, give you stability, and reduce swelling. If it feels too tight or causes pain, take it off. Remove to shower.

Do not apply any heat or cold to the surgical site.

You will experience difficulty standing fully upright: Standing upright could greatly affect your results and could cause serious injury. Slowly stand upright over time. No back bends. Because panniculectomies involves removal of the extra skin, you will experience some difficulty standing upright for a week or two or even longer. The tightness will eventually disappear. Do not attempt to stretch or pull the abdomen during the first two weeks of healing. Change your position and walk around the house every few hours to reduce the danger of blood clots.

Resume normal activities of daily living 3-5 days after surgery. Panniculectomies are relatively uncomfortable operations. You will experience pain for the first one to three weeks. Avoid vigorous activity and heavy lifting for six weeks (less than 10lbs or gallon of milk). Walk daily.

Abdominal discomfort is normal after surgery. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. **Consistent sharp pain should be reported to our office immediately.**

Take stool softeners as prescribed and drink lots of fluids to avoid constipation.

Do not drive in the first two days following surgery. You may resume driving when you feel you are able, but wait at least two days following surgery. If pain will inhibit your reflexes, do not drive! Do not drive while taking pain medication.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever (over 101°), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations**
- **Any pain that cannot be controlled by your pain medication**
- **Bright red skin that is hot to the touch**
- **Excessive bleeding or fluid seeping through the incisions**