



TAROLA PLASTIC SURGERY

NICHOLAS A. TAROLA, MD

Panniculectomy

You may shower daily once you get home. Do not take a bath until instructed. Wash incisions with soap and water daily. Occasionally, we will place an abdominal binder around your tummy after surgery to provide gentle pressure, to give you stability, and to reduce swelling. If it feels too tight or causes pain, take it off. Readjust the binder every few hours to prevent deep wrinkles in the binder which can create pressure points on the skin. Remove to shower. You may find it more comfortable to wear a T-shirt under the binder.

See drain instruction sheet for drain care.

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

You may also 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 panniculectomy 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(DVT).

Resume normal activity of daily living 3-5 days after surgery. A panniculectomy is a relatively uncomfortable operation. You will experience pain for the first one to three weeks. Avoid vigorous activity and heavy lifting for four weeks (less than 10lbs or gallon of milk). Walk daily.

Abdominal discomfort is normal after surgery. Pain medication 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.**

Drink lots of fluids as not to get constipated. Take stool softener as prescribed.

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.

OUR OFFICE SHOULD BE CONTACTED 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**
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