



Abdominoplasty/Panniculectomy and 360 Degree Body Lift **POST-OPERATIVE INSTRUCTIONS:**

- A responsible adult must provide transportation for you after surgery (public transportation car services are not permissible). If you are having several procedures, you may need or prefer assistance for 1-2 days following your procedure.
- Avoid making major decisions or participating in activities that require judgment for 24 hours after surgery or while taking narcotics.
- Avoid any activities that cause pain or discomfort.
- Limit your activities for the first 24 hours after surgery. Walk for short distances during the first 24 hours of your surgery. You may not be able to stand straight up for the first week. This is normal. By the second week you will gradually notice that you are able to stand more upright. Keep your hips flexed while in bed for the first week or so to prevent excess tension at the surgical site. Resume activities slowly. You may feel tired for the first few days.
- Avoid heavy lifting, bending and straining for 4-6 weeks. You may resume all activity after six weeks.
- You will go home with an On-Q Pain Management System, which will help relieve abdominal/incisional discomfort. For any pain not relieved with this, you can take pain medications prescribed.
- Take all medications as instructed.
- Swelling and bruising are normal. It is expected to take between 3-6 months to see your final results.
- Drink plenty of fluids (8-10 glasses/day) for the first couple of weeks after surgery as this will help you to remain well hydrated.
- If you have not urinated after 6 hours of being home from surgery, please contact our office immediately.
- After surgery it is common that you will have a drain at the surgical site. Drains help to remove excess fluid from the abdomen. The amount of drainage will determine how long the drain will be left in place. *Please call or email your Dr. Ditto's office daily and let us know what your drain count is.*
- You may change the absorbent gauze pads that are placed at the surgical site as needed to help keep the incision clean and dry.
- A surgical garment will be applied immediately after surgery. This is to be worn continuously for the first week. After showering, the garment must be placed back on and worn for six weeks. You may want to use a funnel to direct the flow of urine when using the bathroom to keep the garment as clean as possible.
- You will notice some surgical tapes placed over your incision. If they get wet from showering, you may help them to dry by using a blow dryer (cool setting). Leave steri-strips in place as they will fall off themselves. *Do not pick or pull at them!*
- Avoid direct sunlight to the incision for at least 1 year. Use a sunscreen with zinc oxide with SPF 30 or greater to help decrease the visibility of the scar.



CALL DR. DITTO IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from incision area.
- Persistent nausea and/or vomiting.
- Any concerns you feel are a medical problem.

Your post-operative appointment is scheduled for 2 days after your procedure:

Post-op appointment date: _____

What to Expect After Surgery:

- Moderate swelling of the is expected. This will subside in 6-9 weeks.
- Some discomfort, mild burning and numbness around the incision site are expected. This will improve shortly after surgery.
- Discomfort in the areas of surgery and muscle repair may worsen with increased activity and relates to the internal sutures Dr. Ditto places to tighten the muscles of the abdomen.
- Tightness of the abdomen is a normal feeling after this surgery. This may worsen over the first few days and will relax with time. It can be relieved by maintaining a flexed position, keeping the compression garment on the abdomen and utilizing the medication prescribed for the muscle spasms and pain.
- Red discoloration of the incisions may occur if there is significant swelling, especially, in the area of the sutures. This will resolve when the incision begins to heal.
- Constipation is common after any operation, and is secondary to the anesthetic, pain medication and dehydration. Please stay well hydrated and use the recommended stool softener and/or laxative until bowels return to normal. If they do not return to normal within a week after surgery, please let Dr. Ditto's office know.

Thanks,

Ditto Surgical
512-436-9986