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## PREOPERATIVE INSTRUCTIONS

1. Need to quit smoking.
2. No food or drink (including water) for 12 hours prior to surgery.
3. Before coming to the hospital, wash the surgical area with any bath soap. Wear no make-up. Dress comfortably. Women: Do not wear any pantyhose.
4. **IMPORTANT:** no aspirin, ibuprofen products prior to surgery. Remind the doctor of any allergies you have to drugs.
5. Please take antibiotics postoperatively at home.
6. *All* patients that have IV sedations require someone to drive them home after surgery.
7. Do *not* operate any vehicle or any other equipment for 24 hours following your surgery.
8. Bring insurance or medical cards on the day of surgery.
9. If your insurance requires a referral, please obtain this several days prior to your office visit.
10. If your patient is a minor, a parent or guardian **MUST** be present to sign the operative consent the day of surgery.
11. Non-cosmetic patients: Check with your family doctor to see if they would prefer you to have the pre-op testing done in their facility. Pre-op testing should be done three weeks prior to your surgery.
12. If you have any questions, please feel free to ask.

## DRAIN INSTRUCTIONS

### How to empty the Jackson Pratt drain:

1. Wash your hands and unpin the drain from your clothes.
2. Hold the drain with the stopper at the top.
3. Remove the stopper from the pouring spout and let the drain fill with air.
4. When the drain is fully expanded, read the amount of fluid in the drain by using the lines on the side of the drain. **Note:** Each line has a number next to it, 25, 50, 75 100 ml. This is the amount you will record on the drainage chart. If you cannot see the number, count the number of lines and record it on the chart as line 1, line 2, line 3 and so on.
5. Pour all of the liquid out into a paper cup. **Note:** To prevent infection DO NOT let the spout or the top of the open drain touch anything.
6. Now, use one hand to squeeze the sides of the bulb together. This will push all of the air out of the bulb. While keeping the bulb squeezed, use your other hand to put the stopper back into the spout. **Note:** Keeping the bulb squeezed together helps to remove drainage from under the skin.
7. Pin the drain back onto your clothes. This will help prevent the drain from being pulled out by mistake.
8. Write down the date, time and amount of drainage and bring this record to your first doctor's visit.
9. Discard the fluid into the toilet.
10. Wash your hands.

# Abdominoplasty/ Panniculectomy Surgery



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## How should I prepare for surgery?

Complete all pre-testing and lab work 3 weeks prior to your surgery.

Fill your prescriptions prior to your surgery. These will be taken after the procedure, unless otherwise ordered. Some maybe called into your pharmacy.

Pain medication is prescribed to alleviate your discomfort.

Antibiotics will be prescribed. Please alert the physician of any allergies to medications.

You may consider Zofran to prevent nausea. Your insurance may not pay for it. Ask the doctor for a prescription.

If you think you may have difficulty sleeping, Tylenol PM or Advil PM may be used.

You should purchase an abdominal binder to bring with you to the hospital. If your procedure is covered by insurance, the hospital will provide you with a binder.

If you care for family or pets, please make arrangements to have assistance for the first 7 to 10 days.

You may want to begin taking yogurt with active cultures daily following surgery.

It is best to practice getting in and out of bed by turning on your side and using your elbows to assist you. You may use a lazy boy chair initially.

Comfortable, loose fitting pajamas and clothing are recommended following surgery. Button up front shirts are preferable to pulling them over your head.

Shower and wash well prior to surgery.

## What should I expect the day of surgery?

The surgery will be performed under general anesthesia. You will have an IV placed prior to surgery.

You will be permitted to stay overnight if this procedure is covered by your insurance. If this is a cosmetic procedure, we highly recommend that you stay overnight for a designated fee.

Most insurances will classify your hospital stay as 23 hour observation.

It is best for you to rest and take it easy the first night.

You will have an IV in place to ensure that you are receiving adequate fluids. It is also encouraged that you drink fluids throughout your recovery.

Only a light meal is suggested after surgery to avoid stomach upset.

Swelling and bruising are normal reactions to the healing process. Alert nursing immediately if you have concerns.

For postoperative pain control there are 2 products that are available, but are not covered by insurance. There is a pain catheter that drains long acting medication under the incisions. There is also an electronic devise actipatch that sits on the skin to assist in postoperative pain control. If interested ask the staff- arrangements must be made in advance.

You may have a urinary catheter in place. This will be removed in the morning after surgery.

## What Should I Expect The Following Day After Surgery?

You may feel as though you have more energy as the anesthesia wears off.

Again, it will be important for you to take it easy, be sure to alert the nurse of pain and need for medication if indicated.

You can shower after 24 hours. Remove dressing (not steri-strips) prior to showering and you may replace with clean gauze or Kotex dressing. A wire hanger may be used to clip the drains on.

You may only lift items that are 2-3 pounds or less, such as a small purse. You will be asked to refrain from lifting beyond this limit for at least one month.

Do not remove the tan steri-strips. If it begins to lift from the skin and curl, you may gently trim these loose tape edges. You may use a hair dryer on a cool setting to dry the strips.

You will have site drains in place. They will not be removed for 7-21 days. A nurse may visit you if your insurance allows—request this from the staff.

You will need to know how to empty and measure the output from your drains. The drain collects fluid into the bulb. To empty the drains:

1. Wash your hands;
2. Hold bulb of drain securely;
3. Remove drainage plug from emptying port. Read liquid level from side;
4. Turn drain upside down and squeeze all of the contents into disposable cup. Discard fluid into toilet and flush;
5. Record output on sheet (and bring to office visits) if you have multiple drains keep separate records for each one;
6. Rinse measuring cup; and
7. You should empty the drain at least twice daily.