

Amelia Pare' MD Plastic Surgeon 123 Hidden Valley Road, McMurray, PA 15317 724-941-8838

PANNICULECTOMY

Insurance Criteria: *The patient must have a weight loss of over 100 pounds, a large pannus of redundant skin hanging below the pubis, chronic rashes under the skin fold that has been evaluated by the PCP. There must be documentation from 3 office visits to the primary care doctor concerning rashes within the lower abdomen skin folds and failure of conservative therapy with prescription powders or creams. Office notes should document rashes that are not improved by prescription powders or creams. We encourage patients to call their members services number on the back of their insurance card with **Diagnosis code E65 & M79.30** and **Procedure code 15830** to determine the patient's out of pocket costs (copayment, deductible and coinsurance). Fenner is our billing company 412-788-4995. You may receive a bill from Tristate anesthesia (412-831-3744) Washington Hospital (724-225-7000) or Pathology Assoc of Washington (412-323-4400).*

Preoperative instructions for panniculectomy All pretesting lab work (CBC-bloodwork) must be completed within 30 days of your surgery. An EKG is required if you are over 50 years old and is valid for 6 months. Cardiac clearance will be required for any EKG abnormality for anesthesia. Do not use aspirin products two weeks prior to surgery; Tylenol may be substituted. Quit smoking- Smoking delays wound healing. Do not use alcohol 24 hours prior to surgery. Do not eat food or drink after midnight before surgery. Fill prescriptions prior to surgery and take as directed. Please alert the physician of any allergies to medications. Please start your antibiotics the evening prior to surgery. Pain medication may be used after surgery and will not be refilled. Do not wear make-up, jewelry, contacts or hair accessories on the day of surgery. Wear comfortable clothing and a shirt that buttons up front. *Purchase a front closure support bra with no underwire. You may want to order a circumference size larger (if you wear a 38D then order a 40D for the postop portion of the surgery).* You may want to begin taking a probiotic or yogurt with active cultures daily following surgery. Antibiotics can be tough on your digestive system. If you care for family or pets, make arrangements to have assistance for 7-10 days.

Surgery will take place at **Washington Hospital**, 155 Wilson Avenue, Washington, PA 15301 724-225-7000 as an overnight stay. The patient may not drive while on pain medications, therefore, the patient will need a ride home the day after surgery. Surgery times will be communicated the night prior to surgery.

What to expect on the day of panniculectomy surgery? Arrive at the Washington Hospital at the specified time. Bring your license and insurance cards. The panniculectomy surgery will be performed under general anesthesia. You will receive an IV prior to surgery that will be used for fluids and medications. You will have a Foley catheter overnight to monitor urine.

Postoperative instructions for panniculectomy Drink plenty of fluids, preferably clear liquids, no carbonated or caffeinated drinks. We encourage you to start with liquids and then progress to solid foods. 60 gm protein and a multivitamin is required daily. Swelling and bruising may occur. Avoid alcohol while taking medications. Take antibiotics until they are completed. The 2 JP drains will need to be stripped, emptied and output recorded every 8 hours. Bring this output to the office for the doctor. Pain medication may be taken as needed and constipation may result. Magnesium citrate may be used to relieve constipation and should be used early in the morning. Do not take more than the directed amount of any medication. We suggest that you eat prior to taking medications to avoid stomach upset. You may shower after 24 hours. Remove gauze and leave steristrips in place. Do not submerge the wound in water. After showering, dry the areas and place gauze or kotex to the area to collect drainage and replace ace wrap for first 2 weeks. You may apply ice as needed 20 minutes on and 20 minutes off. Keep abdominal binder in place. Avoid strenuous activities including lifting, pushing, pulling for 4 weeks. Do not lift more than 2-3 pounds for 2 weeks. You may lift only 8 pounds (gallon of milk) for at least 1 month. Casual walking is acceptable. Rest in semi sitting position with head elevated on 2 pillows. A recliner is ideal. Driving is permitted once the patient is no longer taking pain medications. Do not smoke. Smoking delays wound healing and the sutures dissolve at 4 weeks. Notify the office if the patient has a fever of 101 or greater, chills, severe nausea and vomiting or excessive bleeding or drainage.

Follow up appointments: _____