

---

## What is Abdominoplasty?

Also known as a tummy tuck; removes excess fat and skin, and in most cases restores weakened or separated muscles creating an abdominal profile that is smoother and firmer.

Even individuals of otherwise normal body weight and proportion can develop an abdomen that protrudes or is loose and sagging. The most common causes of this include:

- Pregnancy
- Aging
- Significant fluctuations in weight
- Heredity
- Prior surgery

## What is Panniculectomy?

While weight loss can improve the health of many obese individuals, drastic weight loss, particularly when associated with bariatric surgery, can leave behind large amounts of excess skin. The excess skin and fat in the lower stomach area that hangs below the belt line is called the pannus, or abdominal "apron," and can have several negative affects on one's quality of life. The extra fold or folds of skin can hinder hygiene, put stress on the back, and make everyday activities difficult. Often, the areas in the pubic region under the pannus can become moist as perspiration is trapped. This can cause rashes, skin ulcers, and odor. Clothing may not fit comfortably, and, if severe, even simple activities such as standing and walking can become difficult.

## 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



Amelia Arianne Pare' M.D.  
123 Hidden Valley Road  
McMurray, Pa. 15317

(724)941-8838  
(724)941-8878 Fax

---



## How should I prepare for surgery?

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

No food or drink including water after midnight prior to surgery.

Fill your prescriptions prior to your surgery. These will be taken after the procedure, unless otherwise ordered.

Pain medication is prescribed to alleviate your discomfort.

Antibiotics will be prescribed. Complete as 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.

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 to support normal flora.

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. Do not wear make-up. Removal all nail polish. If you have acrylic nails, you must remove nail on index finger.

Bring you insurance/ medical cards to hospital with you.

You will need someone to drive you home.

Important: No aspirin, Ibuprofen products prior to surgery.

If you patient is a minor, a parent or guardian MUST be present to sign the operative consent the day of surgery.

Quit smoking.

## 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.

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

The hospital will provide you with a binder that you will use 24/7 for at least 4 weeks. The office does have some for purchase if you need an extra binder.

## 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.

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 8 lbs 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 of your drains. The drain collects fluid into the bulb. Direction on how to empty the drains is on the back.