

Patient:



COSMETIC SURGERY
OF LAS VEGAS

DR SAMIR PANCHOLI

Tummy Tuck - Post Surgery Care

Shopping: Obtain these items before surgery.

- Prescriptions
- Supplies:
 - Paper Tape
 - Maxi Pads or equivalent
 - Large absorbent disposable pads
 - Walker
 - Q-tips
 - Hydrogen peroxide
 - Antibiotic ointment
- Food – Week 1: Simple, easy to digest foods (toast, crackers, Ensure or Boost, pudding, soup, etc.)
Week 2 and forward: normal diet.

Dressings/Bandages:

- Dr. Pancholi will perform your first dressing change the day after surgery at the office.
- Garment:
 - Wear your supportive garment 24 hours a day for the first 4 weeks
 - Wear your supportive garment 12 hours a day for weeks 4 through 6.
 - You may remove your supportive garment to wash it or when you take a shower.
- You may shower daily starting 24 hours after surgery.
 - *Do not bathe.*
 - The surgical tape may get wet, but avoid soaking the tape in water.
 - Towel dry the surgical tape first and then use a hairdryer on a cool air setting to complete the drying process. Do not use the warm or heated hairdryer settings.
- Check any pads for moisture and replace with dry pads as necessary
- Loosen and reposition the garment through out the day to keep the skin smooth and un-creased by the garment.
- Keep your drains safety pinned to your garment

Sutures:

- Your sutures are dissolvable.
- Your drain sutures will be removed with the drains.

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Wound Care:

- Starting the first day after surgery, clean your incisions as follows:
 - Keep your surgical tape in place.
 - Using a Q-tip soaked in diluted hydrogen peroxide (mixed with 50% water), gently dab the incision area.
 - Then apply a thin layer of antibiotic ointment to the tape, over the incision using another Q-tip.
 - Perform this cleaning after your shower.
 - Dry the surgical tape as described above using a hairdryer on a cool air setting.
 - Drain care
 - Expect a high volume of watery red fluid the first 24-48 hours.
 - As the container fills up, loosen the plug and record the date, time, and amount.
 - Empty the container, squeeze and hold the container while replacing the plug.
 - Notify Dr. Pancholi if you notice thick dark red fluid that *gels* in the container.
- One week post surgery appointment:
 - Dr. Pancholi will likely remove your drains.
 - Dr. Pancholi will remove the surgical tape and apply new paper tape.
 - Clean this tape as described above.
 - Then apply a thin layer of antibiotic ointment to the tape, over the incision.
- One month appointment: All tape is removed and scar therapy started.

Activity:

- Up to 6 weeks:
 - No bathing, swimming, or use of hot tub, sauna, steam room or similar.
- Up to 3 weeks:
 - Do nothing that raises your heart rate or blood pressure including but not limited to:
 - Sex
 - Lifting
 - Exercise
 - Avoid all nicotine products (including second hand smoke) for at least 4 weeks.
 - Avoid drinking alcoholic beverages to minimize bleeding.
 - Do not lift anything over 10 pounds.
 - Sleep on your back and in an *inclined* position.
- Up to 2 weeks:
 - Use your walker for assistance.
 - Walk leisurely for 15 minutes every waking hour to help circulation.
 - Do not lift anything over 5 pounds.
- Up to 48 hours after surgery:
 - Have a caretaker stay with you
 - Your caretaker must be at your side any time you get up and move around.
 - Resume normal walking and routine daily activities, as tolerated, the day after surgery.
 - When you get up allow your body and brain to adjust by:
 - Sitting for 5 minutes before standing
 - Standing for 5 minutes before walking
 - Be careful and have your caretaker near by when getting up from the toilet.

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Special Instructions:

- Avoid all nicotine products (including second hand smoke) for at least 4 weeks.
- Expected Results may not become evident for up to six months.
- Swelling, bruising, and some bloody drainage are normal during the first 2 weeks.
- As sensation returns, it is common to feel tingling or sharp sensations for a few months.
- Use an under-pad over the bottom bed sheet and one between you and the top bed sheet to protect your bed from drainage. This is particularly useful if you had liposuction along with your tummy tuck.
- First 4 Weeks
 - Areas treated may feel rigid or hard to the touch until swelling subsides.
 - Massage areas that have become thickened or firm several times daily to soften them.
 - The skin may also feel itchy or numb. Gentle massage will help.
- Drains:
 - Expect *watery* red drainage. This will be heaviest the first 24-48 hours and then taper off.
 - They will be left in place until drainage is less than 30 cc over a 24-hour period.
 - Antibiotics must be taken as long as drains are in place. If you run out, call us for a refill.
- Do not drive any vehicles or operate any heavy machinery:
 - 36 hours following your surgery.
 - 4 hours following your last dose of pain medication.
 - 8 hours following your last dose of sleep medication.
- Be aware of a possible hematoma by noticing an isolated area to have:
 - Extreme swelling
 - Extreme hardness
 - Extreme pain
 - Notify Dr. Pancholi immediately if the above occurs.
- Prescriptions:
 - If you have a sensitive stomach, take your antibiotic with yogurt.
 - If your pain medicine is making you sick:
 - Lower the dose.
 - Take it with food.
 - Notify Dr. Pancholi

Patient

Signature: _____ Date: _____

Address: _____

Phone: _____

Guardian Signature: _____	Relation to Patient _____	Date: _____
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Dr. Pancholi _____ Date: _____

Witness _____ Date: _____