

Panniculectomy

Pre & Post Operative Instructions

General Anesthesia Instructions

General Anesthesia: This type of anesthesia renders you completely unconscious during the procedure, ensuring you feel no pain and have no memory of the surgery. It is typically used for more extensive operations and requires careful monitoring by an anesthesiologist.

- **Instructions:** Nothing to eat or drink 8 hours before surgery. This includes water, mints, candy, or gum.
- **Post-Surgery Transportation:** It is mandatory to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - **Why?:** After surgery, especially with general anesthesia, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period. If you do not arrange for transportation and care for at least 1-2 days, then your surgery may be canceled, at your expense.

Shopping List

- Tylenol (Acetaminophen): Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS (such as Ibuprofen & others).

Pre-Operative Instructions

Medication Management Before Surgery: Guidelines for Minimizing Bleeding Risks

These are general recommendations. For more information please refer to the email: Preoperative Instructions for Your Upcoming Surgery &/or contact our office for a safe plan tailored to your health needs and surgical procedure

- **Aspirin and NSAIDs:** Please discontinue use at least 3 weeks before your surgery, unless otherwise directed by your surgeon.
- **Anticoagulants (Warfarin, Heparin, Direct Oral Anticoagulants):** The discontinuation schedule varies. Please consult your surgeon at least 3 weeks before surgery to discuss a tailored plan, which may include temporary adjustments to your regimen or bridging therapy.
- **Herbal Supplements and Vitamins:** Discontinue any herbal supplements and vitamins that can increase bleeding risk, such as vitamin E, fish oil, ginkgo biloba, and garlic, at least 2 weeks prior to surgery.
- **ADD / ADHD medications** are to be avoided the day before surgery.
- **Contrave (Naltrexone-containing meds):** Patient must consult with the prescribing physician about when & how to stop this medication prior to surgery.
- **Weight Loss Meds (Ozempic, Wegovy, Semaglutide, ect.), & Biotin.:** are to be stopped 2 weeks prior to surgery.
- **Illicit Drug Use:** Please be honest about any illicit drug use during the preoperative assessment. Your safety is our priority and accurate medical information is crucial for planning a safe and effective surgical procedure.
 - Illicit drug use can have significant interactions with anesthesia and other medications administered during surgery, potentially leading to complications.
 - **Examples of the most important substances to mention include:**
 - Cocaine & Meth.

Consultation Is Key: If you are taking any of the above medications or supplements for chronic conditions, do not stop them without first consulting with the physician who prescribed them and your surgeon.

Together, we will develop a safe plan tailored to your health needs and surgical procedure.

4 Weeks Before Surgery

- **Reducing/Stopping Smoking:** We strongly recommend reducing or ideally stopping smoking (including e-cigarettes with nicotine) for 4 weeks before and after your surgery.
 - **Why?:** Smoking can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow to the surgical area, affecting healing and recovery. Any reduction in smoking is beneficial and contributes positively to your surgical outcome.

2 Weeks Before Surgery

- **Alcohol Consumption:** We encourage patients to reduce or stop alcohol consumption for at least 2 weeks before and after surgery.
 - **Why?:** Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, but can significantly improve your recovery experience.

The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- **Shower or Bath:** On the day of surgery, please take a shower or bath using soap (either antimicrobial or non-antimicrobial).
 - **Avoid Applying Products:** Do not apply any lotions, perfumes, or other products to your skin after bathing.
- **Medications:**
 - **Blood Pressure Medications:**
 - Take your blood pressure medication as usual, including the day of surgery. On the day of surgery, take it with only a small sip of water.
 - **Diabetes Medications:**
 - **DO NOT** take any oral and/or injectable diabetic meds the night before or the morning of surgery.
 - Only take medications approved or prescribed by your surgeon with a small sip of water.
- **Fasting:** Adhere to the fasting instructions provided by your surgical team. Typically, this means no eating or drinking, including water, for 8 hours before your surgery. **Jewelry and Valuables:** Remove all jewelry and refrain from bringing valuables to the clinic, including piercings from the neck up. We cannot take responsibility for lost items.
- **Makeup and Skincare Products:** **DO NOT** wear any makeup or apply skincare products on the day of your surgery.
- **Clothing:** Opt for loose, comfortable clothing that doesn't need to be pulled over your head, particularly if your surgery involves the upper body. A button-up or zip-front top is ideal for after the surgery.
- **Communicating Questions or Concerns:** If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for contact information.

Post-Operative Instructions

Medications

1. Tylenol (Acetaminophen):
 - Pain Relief: Tylenol is safe to take for managing pain. Please avoid NSAIDs such as Ibuprofen and Aleve, as they can increase the risk of bleeding.
2. Narcotic Pain Medication:
 - Prescription Medication: If you received a prescription for narcotic pain relievers, take them as directed for pain management. Be aware that these medications can cause constipation.
 - Preventing Constipation: You will be prescribed a laxative and a stool softener to prevent constipation. It's important to start taking these with your first dose of narcotic pain medication. Additionally, increasing dietary fiber, fluid intake, and physical activity can help manage constipation.
3. Zofran (Ondansetron):
 - Nausea Prevention: Zofran is prescribed to help prevent nausea and vomiting, which can be common after surgery. Take this medication as directed, particularly before meals or as soon as you feel nauseated.
4. Antibiotics:
 - Infection Prevention: If you've been prescribed antibiotics (this can be oral medication or topical medication), it's crucial to complete the full course as directed, even if you start feeling better. This helps prevent infection and ensures the effectiveness of the treatment.
5. Sinnech (Arnica Montana):
 - Reducing Swelling and Bruising: Sinnech is a homeopathic Arnica montana regimen that you'll take to help reduce swelling and bruising. This can potentially speed up your recovery process. Please follow the specific dosage instructions provided.

Nutrition

- Hydration: Stay hydrated by drinking plenty of water. Aim for at least 8-10 glasses per day (about 2 to 2.5 liters). Limit or avoid caffeine and alcohol.
- Meal Approach: If you have a reduced appetite, eat small, frequent meals.

Activity

- **Getting Out of Bed:**
When getting out of bed, turn onto your side and use your arm to push yourself up to minimize stress on your incision. To avoid pressure injuries and discomfort, try to change your position at least every two hours.
- **Driving:**
Do not drive for at least 3-4 weeks after surgery, or until you have regained full range of motion in your legs and can lift them without discomfort in your abdomen.
- **Lifting:**
Avoid lifting anything heavier than 5 lbs. for the first 4-6 weeks after surgery.
 - If your job requires lifting, speak with your surgeon for individualized recommendations on when you can safely resume lifting heavier objects. You may be able to gradually reintroduce lifting lighter items as your healing progresses, based on your surgeon's advice.
- **Sexual Activity:**
You may resume sexual activity when you feel comfortable, typically around 3-4 weeks after surgery, but avoid any movements that strain your abdomen.
- **Abdominal Strain:**
Avoid activities that strain your abdominal muscles for at least 6-8 weeks to allow proper healing.
- **Strenuous Exercise:**
Refrain from strenuous exercise for 6-8 weeks. Gradually ease back into your regular exercise routine as recommended by your surgeon.

Note: These are general guidelines and may vary depending on your individual recovery, lifestyle, and specific circumstances. Please follow your surgeon's personalized advice to ensure a safe and effective recovery.

Bathing

- **Bathing:** Avoid soaking in tubs while sutures or drains are in place.

How to Care for Your Incisions

- **Sutures & Staples:**
Your surgeon may use either staples or sutures to close your incision. Keep the incision clean and dry, and inspect it daily for signs of infection, such as redness, warmth, swelling, or unusual discharge. Avoid applying any creams or lotions to the incision

unless directed by your surgeon. Follow up as scheduled for suture or staple removal, if necessary.

- **Drains:**

You will likely go home with one or more Jackson-Pratt (JP) drains after your panniculectomy. These drains help remove excess fluid from the surgical site and are usually kept in place for 1-2 weeks, depending on your recovery.

- For detailed instructions on how to care for your drains at home, please refer to the Jackson-Pratt (JP) Drain Home Care Instructions provided by our team.

- **Showering & Bathing:**

You may shower 24 hours after surgery, but do not submerge your body in a bathtub, hot tub, sauna, or jacuzzi until your surgeon advises it's safe.

- **Sun Exposure:**

Avoid exposing your scars to direct sunlight for at least 12 months. Sun exposure can darken the scars and prolong the healing process. Use sunscreen if necessary.

- **Support & Comfort:**

Wearing soft, supportive underpants can help with comfort, and you may pad the incision with dressings if needed for additional support.

- **Sleeping Position:**

Sleep with a pillow under your knees and your head elevated on two pillows to minimize tension on the incision site and reduce swelling.

NP Seal Instructions

If you have been provided with an NP (Negative Pressure) Seal, please keep it in place as instructed by your surgeon. The NP Seal helps support healing by protecting the incision site.

- **Showering:** The NP Seal can get wet, but avoid direct spray on the area.
- **Removal:** Do not remove the NP Seal unless directed by your surgeon. Other dressings, such as paper tape around the area, may be removed as instructed.

If you have any questions, please contact our office via email.

What to Expect

How should I expect to feel?

- You may experience temporary pain, soreness, numbness of abdominal skin, incision discomfort.
- Maximum discomfort will occur the first few days.
- You will have bruising and swelling of the abdomen.
- The majority of bruising and swelling will subside in 6-8 weeks.

- You may feel tired for several weeks or months.
- 1 or more of your drains may remain in for several weeks.

What will it look like?

- You will walk slightly bent forward and gradually return to normal posture over the next 3 weeks.
- Scars will be reddened for 6 months. After that, they will fade and soften.
- The scar will extend from near one hipbone to the other, low on the abdomen.

What follow-up care will I receive?

- Abdominal drains will be removed when output is less than 20 ml for 24 hours.
 - For additional information about the drains, please refer to the Jackson-Pratt (JP) Drain Home Care Instructions document.
- Sutures are dissolvable and absorbed by the body
- Follow up appointments are necessary for your recovery. Your first 3 follow up appointments will be scheduled at 3 days, 1 week, and 1 month. Future appointments will be scheduled as needed in your follow up appointment.

Emotional Recovery

It's normal to experience a range of emotions after surgery, especially when the appearance of your body changes. Some patients feel relief, while others may go through moments of doubt or grief. Please know that these feelings are valid and part of the healing process. You're not alone, and support is available if you need it.

Signs of Infection or Complications

It's important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication
- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

Follow-up Care

- **Prioritizing Appointments:** Attending follow-up appointments is crucial for monitoring your recovery & ensuring the effectiveness of your treatment.

Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: clinicalrn@drshimching.com	• General recovery questions • Appointment inquiries • Prescription refills
Urgent Questions or Concerns	Dr. Ching's Office: (808) 585-8855 Dr. Long's Office: (808) 439-8064 <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	• Swelling, bruising, or redness • Severe pain • High fever • Unusual discharge or odor • Uncontrolled bleeding
Medical Emergencies	Call 911 or go to the nearest emergency room	• Difficulty breathing • Chest pain • Severe calf pain • Signs of heart attack or pulmonary embolism

Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.