**Post-operative panniculectomy instructions**

**Diet**: please avoid salty foods since it can make swelling worse

**Activity**: to help prevent blood clots in the legs please start getting out of bed, walking today.

When walking please bend your knees and hips; and when in sitting position or sleeping please keep knees slightly bent and hips bent as well; Doing this will help keep tension off the incision.

No contact activities to the areas of surgery

**Medications**: If you are not allergic to Tylenol take 650 mg every four hours as needed for pain

If you have stronger pain, please use the prescribed pain medication as needed for pain. If you do take the prescribed medication, please do not drive or operate machinery that may harm anyone.

Please do not take Advil, ibuprofen, or other non-steroid anti-inflammatory medications (they may cause bleeding or bruising)

Take the prescribed antibiotics written.

Resume your previous medications unless otherwise instructed

**Showering**: May shower and get wet starting tomorrow. When showering please test water using a body part that has not been operated on to ensure that the temperature is not hot or cold; using the part that was operated on to test the water may not be accurate since during your procedure local anesthesia was given so the operated body area may not have normal sensation. Soap and water may fall on the wounds. Do not scrub the wounds. No tub baths.

**Dressing changes**: please change the gauze or pads as needed. If you have strips of tape, they will fall off, do not worry if they do.

**Drains**: every four hours while awake please strip and record the output of each separate individual drain. Keep a 24hour log of each individual drain and bring that log to your follow up appointment.

**Follow up**: During normal business hours Monday-Friday 900AM-500PM please call 210-265-1924 for follow up appointment next week.