

Abdominoplasty and panniculectomy

These instructions are intended for printing. The instructions contain sections to be filled in.

Excess folds of loose skin or fat on the abdomen that are the result of significant weight loss and that hinder your health or activities can be treated with plastic surgery. Abdominoplasty is the most common of such operations and covers the entire abdominal area. Panniculectomy is a slightly smaller and simpler operation, involving the removal of such excess skin and fat from the lower abdomen, while leaving the upper abdomen and the navel untouched. The operation is carried out under general anaesthesia.

Recovery

After the operation, you may move about as much as you are able to without causing pain. You should, however, avoid very sudden movements and exertion, such as pushing and pulling, heavy lifting and carrying for the duration of your sick leave. During the operation, drains may be inserted in your stomach to allow blood and tissue fluid to drain away. They are usually removed after a few days as the amount of discharge decreases and at the latest after 1 week. You will need to wear a compression vest for 4 weeks. If your stomach muscles or a hernia were repaired during the operation, you will need to wear the compression vest for 6 weeks and avoid heavy exertion (lifting no more than 1 kilogram of weight).

Wound care

Your wounds are protected with surgical tape. Replace any loose and dirty tape with clean ones. The tapes should be replaced at least once a week in any case

Remove the thicker surgical dressings the day after the operation. You may also take a shower the day after the operation. You can leave the tape in place for the duration of the shower. Sauna and swimming are not recommended until your wounds have healed.

Surgical tape (Micropore) is used for 1 to 2 months. The tape protects the wound from chafing and supports the wound edges. Surgical tape may also help to prevent the formation of excessive scar tissue. If you have overgrowth or redness of a scar, we recommend using silicone products (such as Mepiform self-adherent silicone dressing or Kelo-Cote silicone gel).

Wounds are mainly closed using dissolvable stitches. Any non-dissolvable stitches around the navel will be removed in outpatient care on ____/____.

Pain management

We recommend you take painkillers regularly for 1 to 4 days and after that as needed:

Paracetamol

Anti-inflammatory painkiller

Strong painkiller

Other medicine

Follow-up check 1 to 2 months later

Sick leave 4 to 5 weeks

Contacting us

If you have symptoms of inflammation (increasing pain, heavy swelling, heat, redness, continuous purulent discharge from the wound) or some other problem, please primarily contact the unit that treated you:

Day Surgery Unit on weekdays 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health clinic

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.