



CANADIAN PLASTIC SURGERY  
CENTRE

**PANNICULECTOMY AND TUMMY TUCK SURGERY (ABDOMINOPLASTY)**  
**POST-OPERATIVE INSTRUCTIONS**

- The pain medication prescribed to you will either be Tylenol #3, Percocet or Dilaudid. You can take 1 tablet every 4-6 hours as needed. Please take Colace, a stool softener, while you are taking narcotic pain medications to prevent constipation. Lots of water and vegetables with fiber will also help prevent constipation.
- Do not drive for 24 hours after the procedure or until you have stopped the pain medication.
- Cephalexin or clindamycin are antibiotics that have been prescribed for you. Please start taking the antibiotic immediately following your surgery as prescribed and *until finished*.
- You will be going home with a compression garment for your panniculectomy. This should be worn daily for about 3 to 6 weeks depending on your healing.
- You will also be going home with Tensors over your breast. These should be worn for 72hrs. Afterwards, you can switch to a sports bra for support. You will have to wear it for 6-8weeks, depending on your healing. You should wait at least 6 weeks for the swelling to settle before you purchase custom-sized bras.
- 1 or 2 JP drains will be sutured to the incision line. Check drains every 2 hours and empty each when half full. You may be draining from the liposuction areas for 1-3 days and small amounts of blood on the dressings are normal. Dressing supplies will be provided to you for home-use.
- You are encouraged to walk in a hunched position to help alleviate tension on the incision line.
- You can take a shower 1 week after second dressing change. But during the first month no immersing yourself in water (No baths, hot tubs, oceans or swimming pools).
- Steri-Strips and a plastic waterproof dressing will cover the incision area. Please do not remove this dressing. The dressing will be changed at your 1-week follow-up appointment. **If the plastic dressing opens up and gets soaked with water, please remove the top plastic layer and leave the paper strips to cover your incision sites even when showering.** You can pat dry these paper strips or gently blow dry them at a low heat setting. The paper strips will fall out over time.
- You are allowed a 1 hour break daily from wearing your garments. You can use this time to shower and relax in bed. We recommend to **ALWAYS** wear your garments and supportive bras with any activity.
- When resting, use pillows to elevate your head and knees. This will maintain a bent “jackknife” position. When getting out of bed, remain in the “jackknife” position and roll onto your side to ensure you do not use your abdomen to get up.

**Patient Initials:** \_\_\_\_\_

- You must AVOID heavy lifting and sudden/quick arm movements. NO reaching for or holding heavy items above your head. NO heavy lifting and **NO exercise for the next 6 weeks.**
- Check and empty your JP drains before going to sleep and then check/drain immediately when you wake up. Have a container by your bedside to help.
- Ice packs can be used to help alleviate pain and swelling. Do NOT apply ice directly on the skin. Avoid using hot compresses.
- Please do not expose the incision site to the sun for 6 weeks, as it will cause darkening of the incisions.
- Swelling, bruising, and pain are expected and will improve in 6-8 weeks.

**For several days after the surgery, you will be at risk of fainting. If you suddenly feel hot and begin to sweat, lie down and bend your knees. Cold compress on the forehead/ neck can help relieve these symptoms. Drink plenty of fluids to prevent this.**

*If you have any questions or concerns, please call our office at:  
(416) 244-8377 Monday-Friday 9am-6pm or email us at [info@canadiansurgery.com](mailto:info@canadiansurgery.com)*

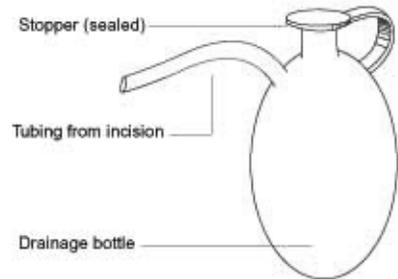
*\*For emergencies, please call Centenary Hospital Locating at (416) 281-7111 have Dr Chivers paged and/or if necessary proceed to the Centenary Hospital emergency where Dr Chivers can meet you.*

**Patient Initials: \_\_\_\_\_**

# Caring for Your Jackson Pratt® Drainage System

## What is a Jackson Pratt (JP) Drain?

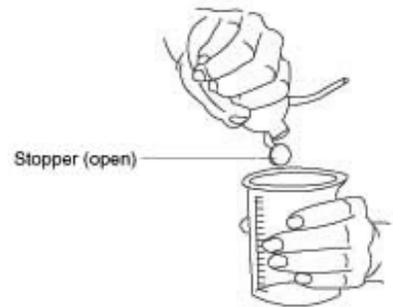
The Jackson Pratt system is made up of a soft plastic drainage bulb. There is a stopper and a catheter at the top of the bulb. The other end of the catheter is inserted near your incision to collect drainage. When the bulb is compressed with the stopper in place, a vacuum is created. This causes a constant gentle suction, which helps draw out fluid that would otherwise collect under the incision.



To achieve the best healing results, the bulb should be compressed *at all times* except when you are emptying the drainage. The amount of time you will keep the drain, depends upon your surgery and the amount of drainage you are having. Drainage is very individual. Your doctor will decide when to remove the drains based on the amount of drainage that has accumulated, so please be sure to bring the *JP Drain Output Record* with you to all your follow-up appointments.

## Instructions to drain JP:

1. Wash & dry hands thoroughly with anti-bacterial soap
2. Strip or “milk” the drainage tubing going from the exit site out of your body toward the bulb. Beginning at the exit site, hold drainage tubing with one hand and with the other hand stretch and release tubing an inch at a time, while moving downward, with both hands, toward the bulb.
3. Do this 2 to 3 times before emptying the bulb.
4. Unplug the stopper at the top of the bulb. This will allow the bulb to expand.
5. Gently squeeze the bulb until it is empty into a measuring container. Make sure spout of bulb does not touch the measuring container to prevent the spread of germs onto or into the drain.
6. Turn the Jackson Pratt right side up.
7. Squeeze the air out of the bulb, and while continuing to squeeze the bulb while re-plugging the stopper.
8. Check to see that the bulb remains fully compressed to assure a constant gentle suction.
9. Make sure your JP drain remains below the level of the incision, never let it dangle!
10. Check and record the amount of drainage fluid in the attached tables
11. The bulb should be emptied about 3 times daily, or as needed if it is filling up
12. Flush the drainage fluid down the toilet and wash out the measuring container
13. Wash hands again with anti-bacterial soap



## **Please call the clinic at (416) 244 8377 if:**

- You get a fever
- Significant Redness occurs around the area where the tube exits the body
- Immediate refilling of the bulb with fluid or blood immediately after emptying
- The drains fall out

**Patient Initials:** \_\_\_\_\_

