



Dr. Avi Islur Surgery

Abdominal Pannus Post Operative Care Instructions

Rest + Relaxation

- When resting, lie preferably on your back. Place 2 to 3 pillows under your knees and an extra pillow under your head when sleeping on your back.
- It is okay to lie on your side. Tuck both of your legs up when lying on your side.
- Take 10 big deep breaths every hour while awake for 1 week
- When coughing or sneezing open your mouth and place our hands on your abdomen. Gently push on your abdomen to protect your muscle repair/incision closure.
- Make sure you walk as much as possible and lean forward at your waist to decrease tension on your abdominal closure.
- After 2 weeks you can begin to stand straight.
- Do not lift more than 10 lbs or perform abdominal exercises for more than 6 weeks if you have had your rectus muscles tightened.

Washing

- You can gently wash your abdominal area with a clean wet towel.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Do not shower until 3 days after your surgery.
- Do not soak surgical sites. No baths, pools, hot tubs, or lake water for 6 weeks.

Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.

• Abdominal Care

- Remove loose dressings 48-72 hours after surgery. Leave steri-strips in place for 5-7 days. Apply Polysporin (original ointment) to your incision lines 2x a day once steri-strips are removed.
- Wear your compressive surgical binder for 4 to 6 weeks as instructed. Wear your binder for 20 to 24 hours for the first 4 weeks, then for 12 to 24 hours thereafter.
- Bleeding from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel.
- When removing compression garment do so while lying down to avoid feeling faint. It is ok to wear a tank-top under garment. Make sure drains are not tangled under compression garment

Two Weeks After Surgery

- Begin to massage your incisions with body lotion, BioOil or scar cream. Do not use 100% vitamin E. If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

Drain Care

- If drains have been placed, please contact the ACF clinic nurse at 204-237-2800 to have drains removed following surgery when output is less than 30ml/24 hrs.
- When drains are removed a small amount of yellow/pink/ blood tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto drain site daily and cover with gauze or a feminine hygiene pad.
- Drain site will close in 3 to 7 days
- If there is a gush of fluid that occurs, this is likely fluid that was not picked up by the drain, this is normal. Get into the shower and gently push on your abdomen to encourage the fluid to drain out.
- If drainage persists or is predominantly fresh blood go to your nearest emergency department and contact Dr. Islur.

Follow Up Care

Dr. Islur will let you know which location to visit for your in office follow up appointments.

St. Boniface Hospital ACF Clinic tel: 204-237-2290

St. Boniface Clinic tel: 204-925-9559

After Surgery Care

For general inquiries/questions email info@drislur.ca or speak to one of the clinic staff members.

Weekday Care (8 am to 5 pm)

If there is a concern about your surgery or your healing please call the clinic where you saw Dr. Islur and ask to speak to the nurse or leave a voice message: please state your name, the date of your operation, the procedure you had performed, your concern, and a return phone number.

Weekend and After Hour Care

If on weekends, after hours, or an emergency, please call 204-237-2053 and ask to speak with the plastic surgery resident on call.