

Robert Louton, MD

BLAIR PLASTIC SURGERY

DERMATOLIPECTOMY – FACT SHEET

1. **DO NOT** sunburn or suntan the surgical area one month before procedure.
2. You must remain flexed at the hips for the first 48 hours after surgery. Walk bent over from the waist for 48 hours to minimize tension to the lower abdomen. You may walk upright after 48 hours if approved by Dr. Louton.
3. Wear binder at all times for 30 days. You may remove it only to bathe or shower after 48 hours.
4. You may have a penrose drain in your abdominal incision. This is a passive drain that the drainage will need to be collected in a dressing. Change the dressing or pad twice daily or more frequently if needed.
5. If bleeding occurs, hold pressure over wound. If bleeding persists, notify Dr. Louton immediately.
6. Use prescribed prescriptions for pain as directed
7. Paper tape is applied to your wound. Keep it dry for 48 hours, then you may get it damp, but do not remove.
8. Avoid exercise or exertion for 30 days
9. Finish antibiotics
10. Watch the area for any signs of infection.
11. No exertion or lifting for 2 weeks.
12. You may begin gentle walking 1 mile a day after 2 weeks.
13. No exercising for 1 month.

Signs of Infection

- If wound becomes red, swollen, tender or hot to touch.
- If red streaks are seen coming from the operative area.
- If you develop a fever.
- If the wound breaks open or being draining.
- If there is a constant or increasing pain at wound site.

Please notify Dr. Louton for any problem day or night at (814) 949-7280.