



OHIO PLASTIC SURGERY SPECIALISTS

Dr. Walter L. Bernacki
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Post Treatment Instructions

Post Op Abdominoplasty/Panniculectomy Instructions

1. Drains are to be left in for one week.
2. You must wear the surgical binder for 1 month – except when showering.
3. Shower – you may shower 24-48 hours after surgery. Remove gauze and surgical binder. You may let the water run over the abdomen, but not directly on the abdomen.
4. After showering, pat abdomen dry and reapply surgical dressings and the surgical binder. You may do this 1 time a day.
5. You will be off of work 2-4 weeks.
6. You should avoid any strenuous exercise for 4 weeks. DO NOT lift anything over 10 lbs.
7. DO NOT use any lotions or creams on your incisions, unless instructed by your physician.

Should you have questions or concerns, please do not hesitate to contact our office at (614) 682-5095.

Sincerely,

The Office of Walter L. Bernacki, M.D. and Christopher G. Zochowski, M.D.