



BARBOUR

PLASTIC SURGERY

Circumferential Body Lift & Post-Op Information

General Information:

During a circumferential body lift an incision is made around the abdomen, sides and lower back. While each case is unique, incisions are typically made so that they will be covered by most clothing and swimsuits. Excess skin and fat is removed and tissue repositioned to tighten and improve contour of abdomen, lower back and upper buttocks. Internal sutures are placed to reinforce newly positioned tissue. In many cases, liposuction and circumferential body lift procedures may need to be done together to achieve an appropriate improved contour. The circumferential body lift procedure is performed in an operating room and patients may be able to leave the same day or it may be necessary to stay overnight at the hospital depending on the extent of the procedure. Recovery time varies patient to patient depending on amount of tissue removed, complexity of surgery, length of operation and whether or not patient has existing health conditions.

Post-operative instructions:

- During surgery multiple drains will be placed to prevent fluid collection in the abdomen. Specific instructions regarding these drains and how to keep track of drainage are included on the following page.
- An abdominal binder will be put in place after surgery to minimize swelling and discomfort and aid in allowing new contour of the body to heal. This should be worn the majority of the day in the immediate post-operative period and can be removed periodically for hygiene purposes. The abdominal binder should be worn for up to a month post-operatively, with hours per day worn decreasing over time.
- You may experience discomfort, tightness or numbness in the incisions after surgery which is normal and will resolve over time.
- Noticeable improvement will show immediately after surgery, although final results will take up to several months to develop as swelling resolves and incisions heal.
- After surgery it is advised to avoid bending or stretching the abdomen to avoid stressing internal sutures. Sleeping with pillows propped below knees or back to relieve stress on the abdomen can help minimize tension and discomfort.
- Most patients can return to normal activities within six weeks and normal exercising within eight to ten weeks.
- Risks are uncommon but include bleeding, infection, asymmetry, wound separation, seroma formation, scarring, prolonged numbness or swelling and need for revision surgery.

Contacting Dr. Barbour's Office:

- If you experience any of the following, please contact Dr. Barbour's office:
 - Severe pain that is not relieved by pain medication.
 - Signs of infection including: increasing redness near the incision site that spreads to surrounding areas, opening of the incision site, spiking fevers (over 101.5 degrees) or increasing firmness in the area of the incision.

Should you have any questions or concerns, please do not hesitate to call or email our office.

Phone: (703) 972-6655 | **Fax:** (703) 738-6454 | **Email:** patients@drjohnbarbour.com

Drain Record Information/Instructions:

- Drains are placed to prevent excess fluid from accumulating at the surgery site.
- The drain must be emptied 2-3 times a day or when 2/3 full.
- Pour out the drainage into a clean measuring cup, record the amount of drainage (in mL or CCs) and the time of day and dispose of drainage in the toilet and flush.
- After the fluid is emptied, squeeze the bulb tight and recap to maintain the suction. The bulb suction is working when the bulb is flat or deflated. If blockages arise in the drain hold tubing securely and pinch and slide fingers down tubing to release.
- If you have more than one drain in place, please indicate which drain is being recorded on your record sheet.
- It is ok to shower while drains are in place. Do not soak in the tub or submerge the drain sites under water. Wash gently around drain sites with gentle soap and water.
- Check skin around drain, slight redness is normal. If there is increasing redness, pain or leakage around drain, contact Dr. Barbour's office.



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JP Drain Record

Drain #1			Drain #2		
Date		Output (cc/ml)	Date		Output (cc/ml)
	am			am	
	pm			pm	
	total			total	
	am			am	
	pm			pm	
	total			total	
	am			am	
	pm			pm	
	total			total	
	am			am	
	pm			pm	
	total			total	
	am			am	
	pm			pm	
	total			total	
	am			am	
	pm			pm	
	total			total	