



## Low Plastic Surgery (LPS)

### BELLY BUTTON (UMBILICALPLASTY) CARE INSTRUCTIONS

1. **Supplies Needed:** Soap (Dove or Lever 2000 unscented), Tap Water, Medical Tape, Garment or Abdominal Binder, and Gauze (4x4s) ABD (abdominal pad) dressing.
2. **Wound care:** Belly button wounds are often dressed with moist gauze right after surgery. This dressing should be left in place for about 48hours in most cases. Prior to taking a shower and cleaning the wound it is important to have the supplies available. On the second day the wounds do not need to be kept sterile. When cleaning a non-sterile wound on day two it is important to use good hygiene by washing your hands first and using non-sterile gloves when others are dressing the wound. The belly button wound care sequence:
  - Once a day clean the wound with soap and water, Dove is best, gently pat dry. (Avoid soaking in bath or dishwasher).
  - Gently remove old creams or ointments and debris during cleaning.
  - Use a hair dryer to dry the wound before re-dressing.
  - Use quarter percent Hydrogen Peroxide to remove old blood or clot
  - Avoid using non-diluted Hydrogen Peroxide and discontinue when old blood gone.
  - Shower when possible once a day and expect some oozing for several days.
  - Keep the hair out of the wound and remove debris if necessary to clean
  - Nutritional status must be maximized & nicotine products are strictly avoided
3. **Re-evaluation:** After the wound has been properly cared for 2-3 week it usually needs to be re-assessed to see if other procedures are required. Belly button wound are often slow to heal and scar tissue can reform requiring further revision. It is important to clean the wound and after cleaning avoid moisture or ointments which might contribute to wound breakdown. After tummy tuck surgery the belly button is usually the most difficult area to heal and patients and persistence is the key to success. If the wound forms a prominent scar or is slow to heal revision surgery may be required. Not everyone is a candidate for revision surgery and some patients require staged reconstruction. If the wound becomes infected or remains dirty patients may require a surgical debridement before closure is attempted. If the wound does not improve after proper wound care recommendations may include:
  - Local debridement
  - Change in wound care or medications
  - Wound clinic or secondary referral
  - Z-plasty or scar revision
  - Staged surgical reconstruction
  - Steroid Injections
4. **Individualized care:** Care for belly button wounds should be individualized. Each patient has different issues that impact care such as age, health, nutrition, location, scar formation, and complexity. There are times when surgery is not appropriate. Please notify your physician:
  - Significant bleeding that does not stop after 15 minutes of continuous pressure
  - Wound becomes significantly red, swollen, hot, or is significantly oozing
  - You develop a persistent fever over 101.5 F°
  - Severe pain not controlled by medications

**PSDA PHONE NUMBER:** (405) 942-4300

- Please call for all lab work if you have not heard from us within several days.
- Please feel free to call us at any time if you have questions, change in condition, or problems.