



Painless, Drainless Lipoabdominoplasty: A Retrospective Study of Pain Following Lipoabdominoplasty Utilizing Liposomal Bupivacaine and a Modified ERAS Protocol

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BACKGROUND

There are many functional and aesthetic benefits to lipoabdominoplasty, including increase in core strength, reduction in urinary incontinence, and improvement in lower back pain. However, patients are still hesitant to undergo surgery due to the perceived fears of post-surgical drains, and post-operative pain.

OBJECTIVE

Propose a standardized multimodal pain protocol for patients undergoing lipoabdominoplasty procedures that aims to improve post-operative pain control.

METHODS

A total of 80 patients operated on between 7/23/2020 - 12/15/2021 were evaluated in this study. Patients all underwent lipoabdominoplasty and were administered a standardized pre-, intra-, and post-operative pain regimen.

Pain scores were measured across all patients in the immediate post-operative period, and post-operative days one, seven, thirty, and ninety.



Figure 1. Multimodal analgesia protocol

RESULTS

Mean pain scores in the PACU were 0.46/10 (+/- 0.18). Subsequent reassessment in the post-op recovery suite yielded mean pain scores of 0.34 (+/- 0.15). Mean pain scores on POD1 were 1.23 (+/- 0.15), and consistent through to POD7 at 1.24 (+/- 0.11) with patients taking an average of 6.65 total Percocet 5mg during the week. After POD7, 95% (76/80) of patients were only taking NSAID medications. A total of 75/80 patients (93.75%) reported zero pain at 4-6 weeks after surgery (mean pain score 0.10 +/- 0.08).

DISCUSSION

The multimodal analgesia protocol consisting of preoperative or immediate induction IV Tylenol, precut local analgesia with Marcaine and Lidocaine, and intraoperative use of liposomal bupivacaine, can improve perioperative pain control in patients undergoing lipoabdominoplasty.

CONCLUSION

Our standardized multimodal pain regimen before, during, and after lipo-abdominoplasty can improve the patient experience and satisfaction with the procedure.

- **Decreases perioperative pain.**
- **Shortens patient recovery time.**
- **Minimizes narcotic usage.**

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