



## **ARM/THIGH LIFT**

### **Pre-operative Instructions**

- ❖ Please advise Dr. Robbins if you are taking any blood thinning medications (e.g. Warfarin, Ibuprofen, NSAIDS, Plavix, Aspirin). These will need to be discontinued 10 days prior to surgery per Dr. Robbins instructions.
- ❖ DO NOT take any of the following prior to surgery:
  - Anti-inflammatories
  - Homeopathic medications
  - Vitamin E
- ❖ Take a bath or shower daily with an anti-bacterial liquid soap, like dial liquid soap, or hibiclens starting 3 days prior to surgery.
- ❖ DO NOT eat or drink after midnight the night before surgery.
- ❖ If you are a smoker-Stop smoking 2-3 months prior to surgery. Smoking causes slower and compromised healing time.
- ❖ DO NOT wear jewelry, dentures, hearing aids, or contact lenses the day of surgery.
- ❖ DO NOT wear make-up, moisturizer, lipstick, deodorant, or nail polish the day of surgery.
- ❖ Wear comfortable, loose fitting clothing that buttons in the front.
- ❖ You will need to arrive 2 hours prior to your surgery time.

### **Post-operative Instructions**

- ❖ Have someone to drive you home after surgery and help you at home for 1-2 days.
- ❖ You will have a prescription for an antibiotic as well as a pain medication that you will need to start when you get home from the hospital.
- ❖ DO NOT take aspirin or any products containing aspirin for 2 weeks.
- ❖ Increase fiber and fluid intake to prevent constipation from the narcotics.
- ❖ Cough and deep breath every 2 hours to prevent pneumonia.
- ❖ Avoid strenuous activity, heavy lifting, and any vigorous activity for 3 weeks or until otherwise instructed. Walking is a normal activity that should be restarted right away.

- ❖ If you have drains, the nurses will instruct you on how to strip, measure, and record the amount of output from your drains. Please bring drain log to follow-up appointment.
- ❖ Immediately following surgery, an absorbent dressing will be placed on incisions to collect drainage and you will be placed in an ace wrap from ankle to groin / wrist to shoulder.
- ❖ Three days after surgery you may remove the ace wraps and the absorbent dressing and shower. After showering the ace wraps only needs to be reapplied from ankle to groin/wrist to shoulder. You will wear the ace wraps around the clock for the first 3 weeks then just during the day for the following three weeks (6 weeks total).
- ❖ DO NOT take a tub bath, but a shower is ok after post- operative day 3.
- ❖ If you are a smoker, remain smoke free for at least 6 weeks after surgery.
- ❖ You may continue driving after completely off narcotic pain medication.

### **What to Expect**

- ❖ Discomfort will be maximal in the first 3 days; it should improve each day thereafter.
- ❖ There will be postoperative pain, temporary bruising, discomfort, numbness, swelling, and discoloration.
- ❖ If liposuction is done during your procedures expect to have a large amount of blood-tinged drainage from these sites. If dressings saturate in these areas you will want to change with dry gauze as needed.
- ❖ You will be returning to see Dr. Robbins at his office in 1 week.
- ❖ Scars will be red for 2-3 months and then fade and soften.

### **When to Call the Office**

- ❖ If you have severe or increased pain not relieved by medication.
- ❖ If you are having side-effects to medications, such as rash, nausea, headache, or vomiting.
- ❖ If you have a temperature >101.5 degrees.
- ❖ If you have drainage from the incision that has a foul odor.
- ❖ If you have bleeding from the incisions that does not stop with pressure.
- ❖ Excessive warmth or redness that is spreading from the incision site.