



Arm Lift/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 prior to surgery per Dr. Robbin's instructions
- **DO NOT** take any of the following 10 days prior to surgery:
 - Anti-inflammatories (ibuprofen, motrin, aleve, advil, aspirin)
 - Homeopathic medications
 - Vitamin E, fish oil, multi-vitamins
- 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 after midnight the night before surgery, you may **DRINK** clear liquids (Gatorade, powerade, Pedialyte, water, black coffee or tea) **up to 2 hours prior to arrival on surgery day**
- **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, lipstick or deodorant, on 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 (unless otherwise instructed)

MEDICATIONS

You will be prescribed a **pain**, (Percocet/oxycodone, or Dilaudid/hydromorphone) **anti-nausea** (Phenergan/promethazine or Zofran/ondansetron), **as well as a scopolamine patch to be applied 30 min prior to surgery**; **antibiotic**(Keflex/cephalexin, doxycycline, or Cipro/ciprofloxacin) medication. The goal is to stay ahead of the pain so you can rest comfortably and eat/drink without nausea or constipation.

- Your **pain** medication should be taken with food in your stomach, even if you don't have an appetite, have some crackers or yogurt with it
- Your **anti-nausea** medication is prescribed since narcotic pain meds can increase your chance of nausea/vomiting
- Your **antibiotic** is to prevent infection, take the medicine as prescribed beginning the day you get home from surgery until the entire bottle is empty
- **Take ALL of your medications as prescribed, at least for the first 24-48 hours after surgery**

Post-Operative Instructions

- Have someone drive you home after surgery and help you at home for at least 1-2 days
- **DO NOT** take aspirin or any products containing aspirin **until 3 days after surgery**

- Increase fiber and fluid intake to prevent constipation for the narcotics
- Cough and deep breath every 2 hours to prevent pneumonia
- Avoid strenuous activity, heaving lifting, and any vigorous activity for 3 weeks or until otherwise instructed
- Walking is a normal activity that should be restarted right away
- Immediately following surgery an absorbent dressing will be placed directly over incisions to collect drainage and a compression garment
- Three days after surgery you may remove the ace wraps and the absorbent dressing and shower. After showering, pat the areas dry and immediately put on the
- compression garment(s) . You will wear them around the clock for the first 3 weeks then during the day for week 4,5 and 6 (6 weeks total)
- If you are having a thigh lift, you will have a small drain at each of your lower legs, you will keep gauze over these until they're removed
- DO NOT take a tub bath, but a shower is okay after post-operative day 3. **If your surgery is on a Monday you may shower on Thursday. If your surgery is on Wednesday you may shower on Saturday. If your surgery is on Friday you may shower on Monday**
- *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 day; it should improve each day thereafter
- There will be post-operative pain, temporary bruising, discomfort, numbness, swelling, and discoloration
- If liposuction is done during your procedure 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

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