



POST-SURGICAL INSTRUCTIONS

ARM LIFTS

1. If you have excessive drainage, swelling, bleeding or pain, call our office at 703-962-2520. After office hours, you may reach Dr. Chopra on his cell phone at 571-236-1977.
2. **Do not smoke or be exposed to second hand smoke for two weeks before and after surgery.** Smoking reduces capillary flow in your skin causing necrosis, or death, of tissues and permanent visible scarring.
3. Do not drink alcohol one week before and after surgery because it dilates the blood vessels and could increase postoperative bleeding. Do not drink alcohol until you have stopped taking the prescription pain pills as the combination can be dangerous.
4. **DO NOT TAKE ASPIRIN, IBUPROFEN (MOTRIN, ALEVE), FISH OIL, VITAMIN E, GINGKO BILOBA or ST. JOHN'S WART** for at least two weeks before and after the operation.
5. No flying or prolonged travel (over 1 hour of travel time regardless of method of transportation) for at least two to four weeks before and after the procedure.
6. You need to eat a high protein diet, 80-100g a day for your body to heal well and quickly. Protein shakes may be necessary to fulfill this requirement.

7. **Medications:**

- Pain:
 - For discomfort, take pain medication as directed.
 - If you are no longer taking the narcotic, two Tylenol (Acetaminophen) 500mg tablets every 3-4 tablets help most discomfort. Take no more than 8 tablets per day.
 - Narcotic pain medication is constipating; therefore, take Colace or fiber supplements such as Metamucil or Senekot regularly. If you are prone to constipation you may want to increase your regular dose to prevent constipation from occurring.
 - Note: narcotic pain medication can only be given as a written prescription. It is therefore important to be mindful of the possible need to have someone available to pick up refills from the office.
 - Call the office at (703)-962-2520 if you have severe pain that is not responding to pain medication.
- Nausea:
 - Take pain meds with food to prevent nausea. A couple of crackers aren't enough.
 - Take medication 30 minutes prior to the narcotic to prevent nausea from occurring every 4-6 hours.
- Antibiotic:
 - Take antibiotics until prescription is finished to avoid infections.
- Anti-anxiety:
 - Mainly used prior to surgery.

8. **Daily activities:**

- One week off of work is required but 2 weeks off is preferred. Working from home: Do not do meaningful work or make important decisions when on narcotic medication.
- For your safety we require that an adult stay with you at least the first 24 hours and drive you to your next day follow up visit. Transportation via taxi is not permitted.
- Elevate arms on pillows when at rest. Mobilize throughout the day; no permanent bed rest. We advise to walk around 3-5 times per day in addition to mobilizing for meals and to the bathroom.
- You may shower 48 hours after the procedure using lukewarm water. Wash the surgical site with soap and water then gently pat the incisions sites dry. No baths or prolonged showers of over 5-10 minutes.
- Regular exercise and lifting objects heavier than 10lbs is restricted for 4-6 weeks.
- You may drive when driving does not cause pain and you are completely off all narcotic pain medication.

9. **What to expect:**

- If undergoing general anesthesia, you may experience a sore throat. This is not uncommon and should resolve in a few days. You may use throat lozenges to help with the discomfort.
- Your sutures will likely be dissolvable and will be reabsorbed in 3-4 weeks.
- During the healing process, you will experience different sensations including discomfort, sharp shooting pains, stinging, itching and localized burning.
- You should anticipate variable degree of numbness in the areas treated after the procedure.
- 50% of swelling resolves around 4 weeks, 85% resolves at 4 months, and the balance of the swelling could take from 12-18 months to fully resolve. During this process, some areas may also feel lumpy/bumpy. This is likely residual swelling from the procedure. The tissues will eventually soften and feel more natural as time progresses.
- If there is excess swelling of the hands, elevate the arms further.
- Bruising of the treated area must be expected in variable degree. Bruising is usually present for 2-3 weeks, but it seldom lasts 6-8 weeks.
- Scars take on average 12-18 months to fully mature. During this period, staff will advise an appropriate time to start scar management.
- If you notice numbness or tingling of the hands, please notify us.
- Everyone heals at a different pace. Be patient with your body during the recovery process.

10. **Garments and dressings:**

- Your arms will be wrapped with ACE bandages. Do not remove any bandages or dressings unless told explicitly to do so.
- Please purchase a compressive sleeve garment (lycra, stretchy material) that is size appropriate. Because skin and fat are being removed, please order 1 size smaller than you measure now. It is recommended you follow the website's protocol on measuring your body to see what size is suitable for you. YOU NEED TO HAVE THE GARMENT BEFORE THE SURGERY DATE. These can be purchased at most department stores such as Macy's and Walmart. www.lipoinabox.com, www.designveronique.com, www.marenagroup.com, www.contourmd.com, www.medicointernational.com, www.morrisdesigns.com or makemeheal.com.
- Your physician will determine the amount of time the garment should be worn.

Please understand the physician may adjust the above instructions based on your progress and needs.

