



## **INSTRUCTIONS AFTER ARM/THIGH LIFT**

1. You will be given a garment to wear after your procedure. You should wear this night and day, except to shower, for the first month.
2. During the first few days after surgery, keep your head and shoulders elevated to help reduce swelling. If you are not comfortable sleeping in this position, you may sleep flat. It is more important to get a good night's rest.
3. Be sure to strip or milk the tubes to your drains every couple of hours to prevent any clotting. After emptying your drains, be sure to squeeze the bulb so that it is collapsed and creates suction.
4. **ARM LIFT:** Do not put extra stress on your shoulders. Avoid raising your arms over shoulder level or pushing/pulling anything for the first 2 weeks after surgery. You may do your hair.
5. **THIGH LIFT:** Although walking is encouraged, full extension of the legs may not be possible. Use your discomfort as a guide.
6. Shower daily to keep your incisions clean. **TAKE OFF ALL YOUR DRESSINGS AND LET SOAP (PREFERRABLY ANTI-BACTERIAL) RUN OVER YOUR INCISIONS.**
7. Once you are discharged after your operation, go home and take a 2 hour nap. Wake up and try to enjoy the rest of your day. There is no need to stay in bed all day.
8. Resume light activity, however, avoid any aerobic activity, stretching or strenuous exercise for 4-6 weeks.
9. If needed, you may use gauze dressing to protect your clothing from drainage. This dressing should be changed daily.
10. It is normal to experience swelling, tightness and bruising on your extremities. Other normal findings are:
  - Discomfort for two to three weeks
  - Areas of numbness on the skin for up to six months
  - A small amount of drainage from the incisions during the first few days
  - Redness of the surgical scars for about three to six months after surgery (This will

slowly fade)

**11. Please call Dr. Kaplan at the first sign of:**

- **Excessive (severe) pain and/or swelling**
- **Redness, drainage, or odor from the incisions**
- **Fever or chills**
- **Shortness of breath**

12. It is extremely important that you do not smoke or have any form of nicotine for a minimum of two weeks after surgery. Smoking will delay the healing process or cause skin loss, which increases your risk of postoperative complications. Also, continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), vitamin E, and herbal medications for one week after surgery.

13. Usually there are no sutures to be removed. You will have a follow up appointment approximately two weeks after surgery.

Post-Op appointment date	Time