



Kavali
Plastic Surgery

ARM LIFT (BRACHIOPLASTY)--POSTOPERATIVE INSTRUCTIONS

You have just had an extensive and delicate operation on your body. The following information is intended for your well-being and will assist you during your recovery period. It is not a substitute for my personal attention or interest to you. In fact, each operation receives special and individual thought. If you have any questions, please do not hesitate to ask.

Following surgery, you will go to the post- anesthesia care unit. A dressing and compression garment will be in place. Following your operation, your tissues will react with swelling and a feeling of tightness, which will be responsible for discomfort. In addition, suction lipectomy is responsible for numbness of the skin over the treated areas. Normally, these areas regain their sensation, but it does require time (approximately six months and up to a year).

The swelling and bruising will leave in time but may settle towards your feet due to gravity -- this is expected. The majority of the bruising and most of the swelling does resolve within a few weeks. However, the healing process does take time. It generally requires six months and possibly up to one year for the healing process. Please be patient.

To safeguard the result you have gained, it is recommended that you avoid excessive gain or loss of weight. In addition, ultraviolet exposure from the sun is very damaging to the skin. It is advisable to use a #35 sunscreen on a regular basis. Should you plan a day or more in the sun, a #45 sun block or greater is a good idea. This is certainly advisable for at least the first year following surgery. You may use moisturizers and creams as desired.

Support from family and friends is very helpful, but because they may not understand what is normally expected after surgery, their comments may unintentionally create emotional stress. I will tell you honestly how you are progressing. Please trust in this experience.

You may experience a period of let down or depression after cosmetic surgery. It is natural to question your decision to have surgery during the period after surgery. As you heal, this feeling will pass. If you feel depressed, understanding that this is a natural part of the healing process will help you.

Every one has the capacity to heal themselves to one degree or another. This ability depends on many factors including genetic background, your health and lifestyle (exercise, diet, smoking, drinking, etc). I can assist in the healing process, but your cooperation and close attention is important.

Post-operative instructions and suggestions are designed to facilitate or promote your recovery. We are partners in this process. If the unexpected does occur, I will assist you as much as possible. Please feel free to speak with me regarding any concerns you may have.

Getting home:

Please have someone assist you to and from your car on the way home and fasten your seat belt. It is advisable that you not be left unattended and have a responsible person stay with you for the first 24 hours

following your surgery. You should have someone help you undress and rest in bed. You should also have someone assist you to the bathroom, as sometimes there is weakness or lightheadedness following surgery.

Diet: Begin with liquids and light foods Jell-O, crackers, soups, etc., gradually progressing to a normal diet. Drink plenty of liquids for the first 48 hours.

Do not make any important decisions or sign any important papers in the 24 hours following surgery, or anytime while taking pain medication. Do not drive; operate machinery or tools until it is specifically allowed.

Showering/Bathing:

You may shower in 24 hours. You may change the gauze over the incisions, if any is present. You may take a warm Epsom salt bath beginning about 3-4 days after surgery, if you've only had liposuction done (but not if you've had certain other procedures at the same time, like abdominoplasty). Epsom salt baths can help with swelling and pain. Call the office if you have any questions about whether a bath is appropriate for you.

POST-OPERATIVE GARMENTS:

You will need to bring your initial garment with you on the day of surgery (or arrange for us to bring it for you).

You should purchase one or more of the following "second stage garments" to change into a few days after surgery:

- Spanx power panties
- Nancy Ganz Body Slimmers
- Maidenform Flexees

The key with all of these is to have a compression garment that reaches from the area just under your bra to the lower part of your hips. You may order Spanx through our office.

Please wear your compression garment for approximately six weeks. It will help to reduce the swelling from surgery and should allow for more rapid resolution of swelling over time.

Exercise/Activity:

You may begin light physical activity whenever you feel comfortable. You should definitely make an effort to walk around a bit on the day of your surgery or the day after your surgery. Early activity helps to prevent problems like blood clots and lung problems after surgery. You can begin heavier exercise whenever you feel like it—just use common sense and stop or change activity if it hurts.

As your activity level changes, you may notice changes in your swelling. You'll have "good swelling days" and "bad swelling days" for months after your surgery. These changes are part of the healing process and will resolve over time.

Keep your arms elevated above the level of your heart as much as possible for about two weeks after the surgery.

Massage:

Massage is a very useful therapy after liposuction. You can begin lymphatic drainage massage as soon as a few days after surgery. You may see any licensed massage therapist for this treatment. We do work regularly with Patrick Williams, who can be reached at (404)252-0050.

Medications:

Have your prescriptions filled before your surgery. Use prescription medications for relief of pain as directed. **Read the enclosed medication instruction sheet for more important details regarding how to take your postoperative medication.**

Pain medications can cause drowsiness, tiredness or loss of balance and may affect your vision, thus, do not drive or operate machinery while taking these medications. You should also be careful when walking and with day-to-day activities.

You may resume your daily prescription medications UNLESS they are listed here:

You may use Tylenol if you wish. However vicodin and percocet, as well as other pain medications, contain Tylenol. Thus, do not take these medications and Tylenol together as you may be taking too much Tylenol. Too much Tylenol can cause liver damage and other problems. If you are unsure about a particular medication, please call.

Questions or Concerns:

Please call if you have any problem or question that concerns you. If it's after hours or on a weekend, call the office at 404-250-3333, wait for voicemail to pickup, then dial "0" to be connected directly to my cell phone.

If you need immediate attention, or for some reason you are unable to contact me, go to the emergency room nearest your home or at the hospital where you had surgery.

Some reasons to call:

- Fever greater than 101.5 F taken with a thermometer
- Pain not relieved by medication
- Severe pain
- Redness, warmth, drainage or odor from the operative site
- Bleeding (small amounts of oozing may be expected)
- Persistent nausea and vomiting
- If you have ANY questions or concerns regarding your condition or surgery

Follow-up:

You should already have your first postoperative appointment made for one week after surgery.