



ELLIOT M. HIRSCH, MD
PLASTIC & RECONSTRUCTIVE SURGERY

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Arm Lift Post-Operative Instructions

Medications: Your greatest discomfort will be in the first 24-48 hours after your procedure. If you have pain, you should take your prescribed pain medication or Tylenol. After 48-72 hours, you can take Ibuprofen if desired. Try to wean off the narcotic pain medication as soon as possible. Take your pain medication with food to avoid nausea or stomach discomfort. Pain medication can be constipating, so be sure to eat fruits and vegetables. Drink plenty of fluids as well.

Dressings and Incision Care: Leave your dressings in place for 24 hours. After 24 hours, you may remove your dressings and shower. Please use your ACE wrap or other compressive garment at all times except when you are showering. Do not put any ointment on your incisions.

If drains were used, please empty your drains, strip drains, and record output every 8 hours. Bring the record of the drain output with you to your appointment with Dr. Hirsch. To learn how to care for drains, watch the video at the following link: <https://www.hirschplasticsurgery.com/Patient-Forms>

Activity: Make sure that you are up and walking and moving around the first night after surgery, this is very important! You will find that the more you move around, the better you feel. Please avoid strenuous activity or any lifting greater than 20 pounds until you are seen by Dr. Hirsch. Try to avoid lifting your arms above your head.

Diet: You may resume your regular diet

Special Instructions: _____

When to Call: A small to moderate amount of clear to light pink drainage from the incision is normal. However, if this drainage is dark, bloody, or foul smelling, please call Dr. Hirsch.

Please call Dr. Hirsch's office if you are experiencing any of the following:

- fever of 101 or higher
- severe pain not responsive to pain medications
- increasing swelling
- increasing redness
- pus or foul-smelling drainage from the incision

If you have any other questions or concerns, feel free to call our office at any time: 818-825-8131.

Follow up: _____