

PRE-SURGERY PREPARATION

DO NOT take aspirin or any anti-inflammatory medications such as ibuprofen, Motrin, Aleve or Advil for 2 weeks prior to and 1 week after your surgery.

STOP taking vitamin E and fish oil supplements for 2 weeks prior to and 2 weeks after surgery. A multivitamin is fine as long as it has less than 700 IU per day.

STOP smoking for at least 2 weeks before and 2 weeks after your surgery. Smoking greatly increases your chance of complications.

MAKE ARRANGEMENTS to have someone drive you to and from surgery and to your office visit the day after surgery.

ARRANGE for someone to care for you the first 24-72 hours after surgery.

FILL your prescriptions before surgery. It is not necessary to bring them with you to the surgery center.

SET UP a home recovery area with lots of pillows in a quiet area where you can rest. A recliner is very helpful if you have one.

HAVE light foods on hand such as saltine crackers, protein shakes, soup, applesauce, jell-o, popsicles, etc. Also have plenty of fluids available. Water, dilute fruit juices, dilute Gatorade and caffeine free tea are good choices.

DO NOT eat or drink anything after 12:00 midnight. This includes water, candy and chewing gum. We suggest having a light dinner no later than 7 pm the evening before your surgery to minimize the chance of nausea. Drinking plenty of water (64oz/day) or more for two days prior to your surgery will also help prevent post-op nausea.

WEAR only comfortable, loose-fitting clothes that open in the front to the surgery center. Slippers or slip-on shoes are preferred. For patients having a tummy tuck a robe is best.

DO NOT wear makeup, jewelry, contact lenses or body piercings to the surgery center.

SHOWER and wash your hair the morning of surgery. Wash the area you are having surgery on with Hibiclens (antiseptic cleanser), which will be provided for you at your pre-op appointment. Do not apply any powder, lotion or deodorant after you shower.



HEDIEH A. STEFANACCI, M.D.
AESTHETIC & RECONSTRUCTIVE PLASTIC SURGERY

POST-SURGERY: ARM LIFT

INSTRUCTIONS

- Take your pain medication as directed.
- Begin your antibiotic the day after your surgery.
- Decreased activity and narcotic pain medication may cause constipation, increase fluid intake and use a stool softener as needed.
- Do not drink alcohol while taking pain medication.
- Elevate both arms up on pillows at your sides. Move your fingers and wrist to promote and assist with circulation.
- Substitute Tylenol (acetaminophen) for your narcotic pain medication as tolerated. For most this is within the first few days after surgery.
- Your compression garment should remain on 24 hours a day for the first week. The length of time a patient wears their garment is determined by several factors so we will let you know when you no longer need to wear it.
- You may remove your white compression stockings the morning after surgery.

ACTIVITIES

- Do not drive the first week after surgery . You may begin to drive in the second week provided you are not taking narcotic pain medication.
- Start walking as soon as possible. Begin by walking around your house for the first few days and then increase activity slowly as your energy returns.
- To avoid excessive swelling or bleeding refrain from any vigorous aerobic activities. No lifting, pulling or pushing anything for 3 weeks.
- You may begin to take short walks after two weeks and resume exercise in four weeks as tolerated.
- Remember, if it hurts you are probably not ready to do it.

INCISION CARE

- All other sutures will dissolve on their own.
- Keep steri-strips covering your incisions clean and dry until they are removed in the office at one week post-surgery. Until this time you may only sponge bathe. Expect a small amount of discharge on the steri-strips.
- After steri-strips are removed you may shower normally and gently wash the incisions with your normal body wash or soap. Pat the incisions dry and allow them to be exposed to air for a few minutes each day.
- You may pad the incisions or the area under your arms with gauze or panty liners for comfort and to catch any drainage you may have.
- Avoid exposing scars to sun for at least 12months and always use a strong sun block (SPF 30 or greater) if sun exposure is unavoidable.



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WHAT TO EXPECT

- You may experience some numbness, tingling, burning, or shooting pains as you heal. This is from your nerves regenerating and these feelings will disappear with time. It is normal to experience soreness, tightness, swelling and bruising for the first month after surgery. All patients heal at different rates so please be patient during this time.
- Scars may be red and angry looking for 6 months or longer but usually soften and fade with time. We will tell you when it is time to start Scar Guard.
- Swelling can cause the skin of your arms to appear shiny and mild to severe itching is a normal part of the healing process.

WHEN TO CALL

- If you have increased pain that is not relieved by medication.
- If you have any side effects from the medications such as rash, nausea, vomiting or severe headache.
- If you have a temperature over 101 degrees.
- If you have bleeding from an incision that does not stop with light pressure.
- If you have yellowish or greenish drainage from the incisions after the steri-strips have been removed or notice a foul odor.
- Bright red skin that is hot to the touch.

FOR MEDICAL QUESTIONS, PLEASE CALL:

- (559) 797-9000, Monday-Thursday 9 a.m. – 5 p.m. and Friday 9 a.m.-noon.
- After hours and on weekends call the office number and Dr. Stefanacci will be paged.



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