2001 Butterfield Rd, STE 100, Downers Grove IL, 60515 630-426-6019

AFTER CARE INSTRUCTIONS for ARM LIFT and THIGH LIFT

DIET

- You should resume your normal diet gradually.
- Drink plenty of fluids/ water (eight 8 ounce glasses a day).
- If taking antibiotics, consider eating yogurt daily and for 2 weeks after, to help minimize the effects the antibiotics may have on your intestines.

COMPRESSION GARMENT

- If you need to remove the compression garment, you may experience some dizziness or feel lightheaded when taking it off. Remove the garment slowly and while sitting down. You may need to have someone with you.
- While the garment should be snug, it should not be so tight that it makes it difficult for you to breath.

ACTIVITY

- **IMPORTANT: To decrease the risk of blood clots after surgery, do not spend time in bed except for when you normally sleep. Except during your normal sleeping time, get up and walk around for at least 5 minutes every hour.**
- **ELEVATION: Try to keep your arms or legs elevated whenever possible to reduce swelling.**
- **SHOWER:** You may shower 1 to 2 days after surgery. DO NOT take a tub bath, swim, or whirlpool for 3 weeks or if there are any openings in the incision.
- **SLEEPING:** Sleep as you feel comfortable.
- For the first few times, you may need assistance getting into and out of the bed/chair.
- You are encouraged to begin walking and resuming light daily activities as tolerated. You will be walking slowly and bent over at the waist for the first few days after surgery; you will slowly begin to walk more upright over the next week.
- Do **NOT** push, pull, or lift anything heavier than 10 pounds (about the weight of a gallon of milk) for 4 weeks.
- Do **NOT** do any strenuous activity or exercise (running, weight lifting, aerobics) for 4 weeks. After your start exercising, go slowly over 1 to 2 weeks until you are comfortable with the exercises.
- Do **NOT** engage in any sexual activity for at least 2 to 3 weeks; resume when completely comfortable.
- Do **NOT** drive or handle heavy machinery while taking narcotic pain medication or muscle relaxant medications.

WHAT ELSE TO EXPECT

- Some pain and discomfort for three to four (3 - 4) weeks, although it should gradually get better from the first two to three (2 – 3) days.
- You may feel a “popping” or “pulling” sensation in your arm or thighs a few weeks after surgery. This is normal as internal sutures start to dissolve.
- If there are any sutures, they will be removed in one to two weeks after your surgery.
- You may have some numbness around the incision line which will begin to disappear over time. It may take up to 1 year for sensation to return.
- Surgical incisions are usually thin at first, become somewhat thick and red for up to 6 months, and then begin to fade. It usually takes up to or a little more than 1 year before final scar quality is established

WHEN TO CALL DR PARESI

Call 630-426-6019

- Fever over 100.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room

FOLLOW UP IN 7-10 DAYS
ALL FOLLOW UP APPOINTMENTS ARE ON TUESDAYS