



DR. ROBERT HOUSER
COSMETIC & PLASTIC SURGERY
OF COLUMBUS, INC

Diplomat, American Board of Plastic Surgery
Member, American Society of Plastic Surgeons
www.Drroberthouser.com

ARM LIFT SURGERY INSTRUCTIONS

Before Your Operation...

1. No aspirin or medicine containing aspirin and no Vitamin E for 2 weeks before surgery, since they can interfere with normal blood clotting. **If needed, use Tylenol instead of aspirin.** (If in doubt, check with the office.)
2. **Smokers should stop smoking for 2 weeks before surgery to reduce post operative complications caused by smoking. (Skin loss is 8 to 10 times more likely in smokers.) This includes use of nicotine in any form (tobacco, nicotine patches or gum.)**
*****WARNING: Smoking may cause poor or delayed healing - even death of skin (gangrene) in addition to lung complications and bleeding.**
3. Report any signs of a cold or infection appearing within 3 weeks before your surgery.
4. **If you take medication of any kind, call the office to check with Dr. Houser or his nurse about instructions for the day of surgery.**
5. Arrange for a responsible adult to drive you to your home, hotel or motel after surgery.
6. Complete financial arrangements with the Office Manager including any payments due before surgery.
7. If you have any questions before your operation, call (614) 890-5565 weekdays between 9:00 a.m. and 5:00 p.m.

Day of Surgery...

1. **Do not eat or drink anything after midnight the night before your surgery unless instructed otherwise by Dr. Houser.**
2. Wear comfortable, loose fitting clothes which do not have to be put on over your head. No pantyhose please.
3. **You must have a family member or friend drive for you after surgery.** Upon arrival at the facility, give the nurse your driver's name and phone number, as well as address and phone number where you will be the night after surgery.



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4. **You must have a responsible adult spend the first 24 hours with you.** Additional instructions and prescriptions can be given to the person calling for you. Such prescriptions should be filled promptly, therefore bring appropriate prescription cards with you.
5. Arrive at the facility at the time recorded on your surgery confirmation sheet.

After Your Surgery...

1. Rest until the next day.
2. You may go to the bathroom with assistance.
3. Take medications according to instructions on the bottle. Have someone else give you your pain medicine according to the correct time intervals, since under its influence, you might forget and take it too often. **Do not mix alcohol and pain medicine.**
4. Expect blood on dressings the first 12 hours. Change them or add to them as needed. Remove them the day after surgery or whenever the drainage stops. Leave any Steri-Strip tapes on the skin. They will be removed at your post-op visit.
5. Expect bruising and considerable swelling for 2 to 3 weeks.
6. Strenuous exercise (e.g. golf, tennis, swimming, weight training) may be resumed after 3 weeks. **START SLOWLY!!**

Feel free to call us any time. We want you to be as comfortable as possible during your healing period.

Office Visits...

First: 1 week following surgery.

Second: 2 weeks following surgery. Sutures, if any, will be removed.

Then: 2 and 6 months after surgery.