

# CRUISE PLASTIC SURGERY

180 Newport Center Drive, Suite 150, Newport Beach, CA, Phone: 949-644-4808, Pager: 949-310-8055 Back up: 949-266-4018

## PRE-OP & POST-OP INSTRUCTIONS

TIME FOR SURGERY: 2 - 3 HOURS

ARM LIFT

RECOVERY TIME: 2-4 WEEKS

### BEFORE SURGERY

1. Avoid sunbathing for 2 weeks prior to surgery.
2. Quit smoking at least 4 weeks prior to surgery as nicotine can impair and delay healing.
3. Stop all aspirin containing products vitamin E and herbal supplements 2 weeks prior to surgery.
4. Let the doctor know of all medications taken daily.
5. Let the doctor know if you develop an illness, cold, or any skin infection in the thigh area within a week of surgery.
6. Arrange for someone to stay with you postoperatively to help with activities and daily living, i.e. walking, going to the bathroom.
7. You may purchase elevated soft toilet seat from surgical supply store.
8. Arrange for a step stool to help you get in and out of the bed.

### THINGS TO PURCHASE BEFORE SURGERY

#### 1. Medications.

1. **Garment.** You may go to [www.nouvelle.com](http://www.nouvelle.com) or call them at 866-578-4733 and buy compression sleeves. Or you may go to [www.designveronique.com](http://www.designveronique.com) to buy garment for your arms. The garment should be the same size you wear now. Don't buy it too tight because after surgery you'll be swollen. You may also consider buying leggings, cutting off the leg portion and using that for sleeves. We can explain that further in the office.
2. **ScarLess®.** ScarLess® is a prescription strength cream with vitamin E, silicone and Hydrocortisone to help minimize redness and elevation of the scars. You can purchase ScarLess® at our office.
3. **Gauze.** Make sure to have a box of 4x4 gauze. You can purchase these at drug stores.
4. **Multivitamin.** Begin taking 2 weeks before and take until 6 weeks after surgery. Do not take vitamin E separately from multivitamin.

### THE DAY BEFORE SURGERY:

1. Don't eat 8 hours before surgery and don't drink 6 hours before surgery.

### THE DAY OF SURGERY

1. You may brush and rinse your teeth, but do not eat or drink anything.
1. Shower and clean the surgical area thoroughly.
2. Do not bring any jewelry or valuables with you on the day of surgery.
3. Wear comfortable, loose-fitting clothing (skirt is recommended). Wear flat, comfortable shoes. Remove contact lenses and dentures before surgery.
4. Someone must drive you home and stay with you the first night.
5. Take 2 pills of Zofran 1 hour before surgery.
6. Bring all prescribed medications to OR if you are staying overnight. Arrive an hour before surgery.

### AFTER SURGERY

1. **ADJUST GARMENT/BANDAGE EVERY 2 HOURS.** This may mean unzipping and zipping of the garment or taking of bandages and putting them back on.
1. After the surgery it is important to walk around to prevent blood clots. Just don't overdo it.
2. Keep surgical area clean and dry at all times.
3. It is important to walk at least every hour but do not over do it. Avoid stairs.
4. Take all medications as directed. If you need a refill on pain medications call the office.
5. Regarding exercise: If it hurts don't do it. Wait for your body to tell you what you can do. Do not lift anything heavy for the first 2-4 weeks as it may cause incisions to split.
6. Remember it may take up to 3-4 months to completely get your energy back. Do not get frustrated if you get tired easily.
7. You can start doing sit ups at 4 weeks if there is no pain. You can exercise areas other than your legs at 4 weeks. Wait until you are pain free before you start spreading legs. Start arm exercises @ 5-6 weeks
8. After 2 weeks start applying ScarLess® on your incisions. ScarLess® is a prescription strength cream with vitamin E, silicone and Hydrocortisone to help minimize redness and elevation of the scars. You can purchase ScarLess® at our office at a follow up visit.
9. Apply ice 15 minutes on 15 minutes off for the first 24 to 48 hours. You may use broken up frozen peas or corn. Do not allow ice to touch skin directly. Use towel as a buffer.
10. You can take cool shower the day after. Make sure you have someone help you. Avoid Lifting your arms up.

### WHAT TO EXPECT AS YOU RECOVER

1. Immediately after surgery, some patients feel groggy or nauseous. These feelings normally subside by the evening.

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2. You may experience decreased energy levels for about 8 weeks.
3. It is common for women to experience a couple of days of mild depression. This will pass as you regain your strength.
4. Walking will be difficult for about 1 to 2 weeks.
5. Your healing incision lines may itch a little. Avoid scratching them.
6. There is commonly sloughing of the skin for about 4 weeks after surgery.
7. You may experience some numbness. Remember not to put ice or anything hot directly onto skin because you will have decreased awareness of temperature damage.
8. The scar may become thick and puffy as it heals. The scar will flatten out within 6-12 months.
9. At first the scar will be located below your crease but with time it will be pulled up and will stay directly within the crease what makes it almost invisible.

## WHEN TO CALL US

Post surgical complications are rare and are often easily solved by the doctor if you notify us. Call us if you experience any of the following: a temperature of 100°F or higher, increased local redness or warmth, or significant discharge from the incision line. Also report any buildup of fluid in the arm area or areas of uneven swelling or if you feel that anything might be wrong. Please call the office during regular business hours @ 949-644-4808 after call Dr. Cruise @949-310-8055. If either of the previous numbers fail please call our Back-up line **949-266-4018**.

## POST-OP VISITS AND CARE SUMMARY

### Concern

### Instructions

#### Blood Clot

1. It is important to walk at least every hour while you're awake to prevent blood clotting - do not over do it. Right after surgery you will be instructed to walk around every 1 hour.
1. Pay specific attention to leg swelling. If you notice swelling on only one leg or calf pain contact the office.

#### Drain Function

1. Make sure that your drain(s) is/ are functioning.
1. Empty drain every 8 hours or when it becomes more than half full and write down amount of drainage.
2. Do not be concerned if the fluid from the body comes around drain.
3. You may need to milk the tube if it appears to be clogged.
4. Drains come out at about 2-3 days, depending on amount of drainage.
5. Note - the drain is always uncomfortable but it is absolutely necessary to prevent fluid accumulation.

#### Constipation

1. If you are constipated at day 2 stop taking Vicodin or Darvocet.
1. Encourage walking, drink a lot of fluids, and consider laxative (Ex-lax or Correctol).

#### Fever

Make sure to cough and breathe deep as fever is usually in lungs for the first 3 days after surgery.

#### Garment Placement

ADJUST GARMENT/ BANDAGE EVERY 2 HOURS. This may mean undoing and repositioning the binder. You should have gentle compression. If you cannot put your finger in between the garment and your body, it means it is too tight. If the garment is too tight it will prevent proper blood flow.

#### Activity

1. You can take a cool shower the day after. Hold drain(s) in shower and allow clean water to run over drain entrance into the body. Pat dry. Make sure you have someone helping you.
1. Walk every hour while awake for the first day and then every 2 hours.
2. Sleep at 45 degree angle for the first 3 nights.
3. Regarding exercise: If it hurts don't do it. Wait for your body to tell you what you can do.
4. You can exercise areas other than your chest at 2 weeks. You can work out your chest at 6 weeks.

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## Wound Care

1. Your gauze will be changed at your follow up visit.
1. Make sure your garment is placed correctly.
2. Keep surgical area clean and dry at all times.
3. At 2 weeks after surgery take your steri-strips off. Apply ScarLess, allow it to dry or blow dry and then apply silicone sheet for two months. Make sure to keep gentle compression on.

## DRAIN CARE INSTRUCTIONS AND LOG

Drain care is required 3 times per day immediately following surgery. Follow these instructions explicitly and record drainage as required, below. **You must do this 3 times per day, and at any time the drainage bag is more than 1/3 full.** You will be required to submit the drain log to Dr. Cruise for your patient record.

1. Wash your hands well with anti-bacterial soap.
1. Open cap on the drain bulb. Pour out drainage into a clean **measuring cup**. Record the amount of drainage and time of day as indicated. Dispose of drainage in the toilet and flush.
2. **Squeeze bulbs tight.** Replace cap.

Once you have measured your fluid drainage, you must **"milk" or strip the drain tubing.** This is done to prevent small clots from blocking fluid flow.

4. To do this, hold the tubing securely at the skin site with one hand. With the other hand, pinch the tubing between your thumb and index finger and apply firm pressure as you strip the tubing towards the bulb.
4. If the tubing and bulb come apart, wipe the ends with alcohol and reconnect. Squeeze the bulb again and replace cap.

### Cleansing the Drain Site

Once per day or as instructed, change gauze around drain sites. Change the gauze more often if it becomes saturated.

Check the skin around the drains for leakage or redness (a slight redness immediately around the tube is not unusual). If there is leakage, begin milking the tubes downward towards the bulb and continue milking every hour until leakage slows down. **Apply Vaseline or Thermazine (Silvadene) around the drain insertion site.** Attach the drainage bag to your clothes so that there is no tension on the insertion site.

### Additional Instructions

- Always secure the drain to your clothing so that there is no tension on the drain at the incision site.
- Do not cut the drains.
- Keep tubes connected to the bulbs.
- Check that the bulb is always deflated (or flat).

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Patient Signature

\_\_\_\_\_  
Date

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Representative of Cruise Plastic Surgery