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Pre and Post-Operative Instructions

Excision of Skin (Arm lift or medial thigh lift)

Pre-operative Instructions

24 hours before:

- Pick up prescription for pain from office
- Purchase CoQ10 100mg, Ester C 1000mg, Vit. E 400mg, and Vit. A 10,000 IU to be taken once a day post operatively.
- Purchase Pericolace or Ducolax stool softener and laxative
- Fill prescription for pain medication
- Do not eat or drink anything after 12 midnight.
- Purchase soft ice packs and place in freezer.
- Protect your bedding from drainage staining.

Day of Surgery

- Shower but do not wear lotion, deodorant, or Perfume
- You may drive or Uber to the hospital BUT you must
- Have someone pick you up from the hospital
- Bring clothing that is easy for someone else to put on you.

Post-operative Instructions

Diet

Start with liquid- water, Sprite, Coke, then progress to crackers, then soft diet and finally a regular diet. Drink plenty of fluid to replace the volume of blood lost during surgery, in order that you don't feel dizzy when you stand up. Your body will gradually rebuild this supply. Remember that a high sugar diet adds to inflammation and pain. Try to avoid this excessively. Start taking your vitamin supplements as soon as you are tolerating food. These will help in wound healing and scar formation.

Breathing

Take deep breaths every hour and cough. Good oxygenation is vital to wound healing and prevention of pneumonia and atelectasis.

Pain Control

Use the narcotic medication prescribed by the doctor every 4-6 hours. You can combine the narcotic with Ibuprofen to extend pain relief. For many patients, narcotic medications may not be necessary at all. Remember that narcotic medications can cause sleepiness and slow reactions so do not drive while taking them. They can also cause constipation which can increase abdominal pressure. Be sure you are taking your Pericolace or Ducolax daily to prevent this. The sooner you can stop taking the narcotic analgesic the better. Motrin, up to 800mg three times a day, may be utilized for up to 10days, often giving adequate pain relief.

Ice packs are helpful in decreasing swelling and discomfort. Use them for 15min at a time at least hourly. Avoid exposure for longer than 15min.at a time to minimize chances of frostbite. Do Not Use Heat.

Bathing

After 24 hours you can feel free to shower. Always remember to keep the incision site dry after showering until healed. After the skin is completely healed you can feel free to take a bath.

Warning signs

Fever, leg pain, sudden shortness of breath, wound edge separation, chest pain,redness, sudden increase in size of one area in particular, all warrant a call to the doctor. Have your local pharmacy number on hand when you call so he can call in a prescription if he needs to. Should you have any other concerns during your post operative period, please call so we can discuss them.

Next Appointment -Call the day after surgery to schedule a follow-up appointment within 7 days.

I have received 2 pages of instructions and understand the directions as stated here.

(Signature)

(Date)