



Name: _____

DOB: _____

POSTOPERATIVE INSTRUCTIONS – ARM LIFT OR THIGH LIFT

Please refer to “GENERAL POSTOPERATIVE INSTRUCTIONS” for additional instructions.

Activity:

- You will feel tight after surgery, please avoid stretching out your incision sites or putting a lot of tension on your incision.
- Avoid any strenuous activity for 4-6 weeks.
- Keep your compressive garment on for 2 weeks as much as possible, then another 2 weeks at night.
- Liposuction is typically performed at the same time so you should expect some fluid to leak out of your incisions for a few days.
- Small areas of wound opening or delayed healing can be normal. Please let us know if this happens.
- You may begin scar treatments at 4 weeks. This can be either silicone strips or silicone gels. Please ask if you would be a good candidate for this.

If you have any concerns or any signs of bleeding, infection, or wound problems, please call our office at 617-340-2822.

Patient Signature

Date