CHRYSALIS COSMETICS

Brachioplasty or Thigh Lift Instructions

1. No bending, lifting, or straining for the first 4 weeks, this includes sexual activity. REST AND RELAX!
2. Keep your arms (Brachioplasty) or legs (Thigh Lift) elevated using 2-3 pillows while you sleep. After the 4 weeks, slowly ease back into physical activity.
3. Swelling and bruising of the arms or legs is normal and usually disappears within the first 2 weeks.
4. Take your prescribed medications as directed to remain comfortable. Pain medications can cause constipation, please use a mild laxative, or stool softener if this happens. Do not drive or operate machinery while taking narcotic pain medication.
5. Do not take Aspirin, Ibuprofen, Aleve, Fish oils, Vitamin E, Herbal supplements, etc. as these are blood thinning and may increase bruising for a minimum of 2 weeks after procedure.
6. Drink plenty of fluid. Avoid alcohol and caffeine.
7. Do not Shower for the first week. You may only take a sponge bath during the first week. You will have a long adhesive tan dressing, which will be removed at your 1 week appointment, this may not get wet.
8. The compression garment(s) should be worn for 4 weeks.
9. Do not submerge yourself in water, such as a bathtub, pool, hot tub, etc. for 4-6 weeks or until you've received clearance from Dr. Perry.
10. If you have severe swelling, rash, increased bleeding, difficulty breathing, temp above 101, increased pain, please call the office at **(916) 273-7435**.

    ***If you have a life threatening emergency, call 911.**

Patient Name (Print): _____

Patient Signature: _____ Date: _____

Witness Name (Print): _____

Witness Signature: _____ Date: _____

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