

Upper Back Lift After Surgery Care

- Get plenty of rest.
- Drink plenty of fluids.
- Do not lift anything heavier than 10lbs for 6-8 weeks after your surgery.
- Start walking short distances as soon as possible.
- Do not drink alcohol for one month after surgery and while taking pain medication.
- Take your dressings off the first day after surgery and follow the wound care instructions. A one day post op appointment will be made available to you in clinic.
- Be sure to change your dressings daily and change more frequently if needed.
- Keep your abdominal binder or compression garment on at all times for the next 6-8 weeks.
- Sleep with your head elevated and a pillow under your knees until you are comfortable lying flat on your back.
- You will be seen 7-10 days after surgery and will be guided on next steps for your recovery.

Call the clinic if the following occur:

- If you have an increase in swelling.
- If you develop redness that persists or worsens after a couple of days.
- If you have pain that is worsening or not relieved by medication.
- If you develop a fever or chills.
- If you have yellow, green or white drainage or notice a foul odour.
- If you have tissue that turns dark purple or black.
- If you have bleeding that is not controlled with light pressure.

If you experience any of the following life-threatening emergencies, go to the nearest emergency department immediately:

- Severe chest pain.
- Difficulty breathing, shortness of breath.
- Unconsciousness or non-responsive.
- Pain in the leg, increased swelling or discoloration to the leg.
- Slurred speech, one-sided weakness.
- Severe onset headache.

Contact Information:

Please use the contact information below to reach us during regular business hours. In case of emergency, please go to your local emergency department.

Wound Care Instructions

After surgery you will need to take care of your incision(s) as it heals. Doing so may help you avoid pain or discomfort, lower the risk of potential post-operative complications such as infection and improve overall scarring.

24 hours after surgery, until your sutures are removed (approx. 5-7 days post-surgery), take care of your incisions as follows:

1. Remove Soiled Dressing(s).

- It is recommended you sit to take off your compression garment as some patients may feel lightheaded the first few days.

2. Cleanse Incision.

- Shower and cleanse your incision(s) by patting a gentle cleanser directly on to your surgical wound.
- Rinse by allowing warm water to run over top of your incision(s).
- DO NOT use RUBBING ALCOHOL, HYDROGEN PEROXIDE, OR IODINE which can harm the tissue and slow wound healing. You may apply *Hale Derma* cleansing spray.
- If you have Steri-Strips over your incision, do not remove them. Allow water and soap to run over them but let the Steri-Strips fall off on their own. You may apply the Alastin products directly over the Steri-Strips.

3. Dry.

- Pat the incision(s) dry with a clean towel.

4. Apply Ointment.

- Apply *Alastin Soothe and Protect Recovery Balm* directly to the entire incision.

5. Apply Cream.

- Apply *Alastin R&R Body Complex* moisturizer to surgical areas around the incision(s) where bruising and swelling may appear.
- DO NOT apply to open wounds.
- Refer to scar care instructions sheet for how to use *R&R* after wounds have healed.

6. Gauze.

- Apply new, clean, dry gauze to incision(s).
- DO NOT apply tape to the skin. Your garment will hold the gauze in place.

7. Compression Garment.

- Resecure your compression garment.

In addition to this, you may be given further instructions for caring for your incision. Be sure to follow those instructions carefully. If you are confused by the instructions or you have a question, please contact the clinic.

We will see you at your next follow-up visit.

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