**Post-operative back/bra lift instructions**

**Diet**: please avoid salty foods since it can make swelling worse

**Activity**: to help prevent blood clots in the legs please start getting out of bed, walking today. As much as possible try to minimize bringing your arms/shoulders away from your sides or above your head. No contact activities to the areas of surgery

**Medications**: If you are not allergic to Tylenol take 650 mg every four hours as needed for pain

If you have stronger pain please use the prescribed pain medication as needed for pain. If you do take the prescribed medication please do not drive or operate machinery that may harm anyone.

Please do not take advil, ibuprofen, or other non-steroid anti-inflammatory medications (they may cause bleeding or bruising)

Take the prescribed antibiotics written (clindamycin 600 mg three times per day)

Resume your previous medications unless otherwise instructed

**Showering**: You may shower and get wet starting tomorrow. Before showering, please remove your surgical dressings (these may be gauze and pads, do not remove the strips of tape that are directly on the wounds). When showering please test the water using a body part that has not been operated on to ensure that the temperature is not hot or cold; using a body part that was operated on to test the water may not be accurate since during your procedure local anesthesia was given so the operated body area may not have normal sensation. Non scented soap and water may fall on the wounds. Do not scrub the wounds. No tub bath until cleared by Dr. Chattar-Cora.

**Dressing changes**: please change the gauze or pads as needed. If you have strips of tape, they will fall off, do not worry if they do.

**If liposuction was included in your procedure**

please change the pads as needed. The volume of fluid seepage will initially be high and red. Over the next several days that volume should diminish and the color should lighten.

**Drains**: every four hours while awake please strip and record the output of each separate drain. Keep a 24hour log of each individual drain and bring that log to your follow up appointment.

**Follow up**: If you already do not have a follow up appointment, please let me know.