



POST-OPERATIVE CARE

ARM LIFT

WELCOME

We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that you're informed ahead of your surgery about your own Post-Operative Care.

We've prepared this Guide to highlight the Do's and Don'ts of Post-Operative Care so you can optimise your own recovery. We've also outlined when you should seek medical advice. We do hope you find it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633. Remember, your well-being is our top priority, and we're here for you every step of the way.

Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.



POST-OP CARE



BRUISING & SWELLING

Bruising and swelling will peak in the first 2-3 weeks post-surgery. Bruising can last 3-4 weeks and swelling for up to 6 months. It is normal to feel pain or discomfort for 3-4 weeks.

- DO NOT** bend or raise your arms excessively for 4 weeks after surgery.
- DO NOT** lift anything heavy for 6 weeks post surgery.
- DO** use clean cold packs (or ice wrapped in a dry washcloth). Apply for 20 mins, then remove for 20 mins. Repeat this process for the first 3 days.
- DO** be patient for swelling to go down.
- DO** expect to feel swollen for 6-8 weeks.



MEDICATION

You will be given pain medication which contains a mild narcotic and may make you feel light-headed or even nauseous. You will also be prescribed antibiotics to prevent infection. Anti-Inflammatories, Anti-Nausea, Laxatives, and sleep aids may also be discussed with your surgeon or the nurse team as needed.

- DO NOT** take the pain medication if it is no longer required.
- DO NOT** take Aspirin or any medication containing Aspirin or Vitamin E for 2 weeks after surgery to prevent bleeding & bruising.
- DO NOT** take any unnecessary supplements.
- DO** strictly follow your Surgeon's instructions regarding medication.
- DO** take your full course of oral antibiotics as instructed.
- DO** ask your surgeon about taking Panadol, Nurofen, or Nuromol to help manage pain.



WOUND CARE

Your initial wound care whilst in Thailand will be primarily monitored by the nurses and surgeons. After surgery, you will have sutures, tape over the incision sites, bandages, and you may have drains. The nurses will assist with bandage changes and provide instructions as needed whilst in Thailand. It's important to keep your bandages on for at least 48 hours after being discharged from the hospital. (Or with Dr.V keep on until your next appointment)

Upon your departure from Thailand, you will have tape over your incisions that should remain on your incision sites for 7 days. The tape will naturally start to fall away which is fine. Please do not manually remove until 7 days after the nurse last applied tape or bandages in Thailand. If you have exposed areas you can apply Chlorsig Ointment and new tape.

- DO NOT** get your incisions wet for 7 days after surgery. Refer to Water, Humidity & Sweat Exposure section.
- DO NOT** touch your incisions without gloves until healed over.
- DO NOT** pull on stitches, even if they are protruding, see Suture Care.
- DO NOT** apply scar creams or anything other than topical antibiotics to your incision sites until they are completely scab-free and closed (2-3 weeks).
- DO NOT** sunbathe or expose your incisions to sunlight for 2 months. Sunlight can darken scars. After 2 months, use a high SPF sunscreen.
- DO** apply an antibiotic ointment (Chlorsig Ointment, Polysporin) twice daily upon arrival home (or as advised by your Surgeon). Use clean gloves or cotton buds.
- DO** schedule a check up with your GP to review your incision sites within 1 week after getting home.



SMOKING

Smoking or vaping nicotine and marijuana use can delay wound healing.

- DO NOT** smoke, vape or use nicotine patches for 6 weeks.
- DO NOT** smoke or ingest marijuana/cannabis for 6 weeks.



WATER, HUMIDITY & SWEAT EXPOSURE

To reduce your risk of infection, you **MUST** keep your incisions dry for 7 days. Even a 5-minute walk in Thailand's humid conditions or a dip in a pool or hot tub significantly increases your chance of infection.

- DO NOT** unnecessarily expose yourself to water, humidity or sweat.
- DO NOT** swim in pools, ocean, spa, jacuzzi, or sauna for 2 months.
- DO** stay inside, preferably in climate-controlled areas to avoid humidity.
- DO** avoid any physical exertion - even mild exertion (i.e. walking).
- DO** use a blow dryer on a low setting at least 10 inches from your incision site to help keep the area dry, after showering etc.



DRAINS AFTER SURGERY

Drains are used for most arm surgery cases to help fluid leave the body quickly and expedite healing. It's common for drains to be removed before you leave the hospital, however in some cases you may need to wear your drains to the hotel for several days. Once you are excreting the normal amount of fluid, the team will arrange return to the hospital for drain removal.

- DO NOT** try to remove your drains on your own.
- DO** wait until drains are removed before showering. Once drains are removed, carefully clean around the bandage area and pat dry afterwards with a clean towel.
- DO** use an absorption matt on your bed to avoid staining the bedding and getting charged by the hotel.
- DO** keep your drain wounds clean with bandages after removal or as advised by nurse.



SLEEP AND REST

Rest is critical after surgery to enable your body to recover. After Tummy Surgery, allow for 2 weeks of rest.

- DO** ensure that you sleep on your back for the initial 6 weeks post-surgery.
- DO** place 2 pillows on either side of your waist to rest your arms and to keep you from turning onto your side.



FOOD & DRINK

There are certain things to avoid to reduce your risk of post-surgery complications. In any foreign country, the food may contain contaminants, bacteria, viruses or parasites that your body won't be used to that may cause post-operative complications.

- DO NOT** consume alcohol for at least 2 - 3 weeks.
- DO NOT** eat undercooked or raw food, including sushi or salads.
- DO NOT** eat food that has been sitting for a long time. Make sure it's freshly cooked.
- DO NOT** consume ice that may have been made with tap water.
- DO NOT** eat at Thai seafood markets.
- DO** drink plenty of water. Opt for bottled water.
- DO** eat fruits that can be peeled.
- DO** use hand sanitiser before and after eating.



EXERCISE

Exercising too soon after surgery dramatically increases your risk of complications.

- DO NOT** do any activity that elevates your blood pressure for 6 weeks.
- DO NOT** do any exercise for 6 weeks.
- DO NOT** lift anything over 5kg for 6 weeks.
- DO NOT** swim for at least 8 weeks.
- DO NOT** lift weights for at least 8 weeks.
- DO NOT** do any contact sports for at least 6 months.



SUTURE CARE

You will have 2 types of sutures used for your Arm Lift surgery. Dissolvable and Non-Dissolvable sutures. The majority of your non-dissolvable sutures will be removed prior your departure from Thailand. These are black or blue in colour. Dissolvable sutures will be left intact, they are clear or white in colour.

When it comes to sutures, it's not uncommon for any remaining sutures to make their way to the surface of your skin. Most of the time, you can either feel them poking through, or your body may form a small opening/hole, or a pimple appearance. This is usually a suture that is trying to make its way out, also known as a stitch abscess.

Black or Blue sutures are usually "non-dissolvable", and will need to be removed by your GP. The area then needs to be kept clean with Betadine, with a topical anti-biotic Chlorsig ointment applied with a bandage and changed every 2-3 days, until healed (1-2 weeks).

If the suture is clear or white, this is usually a "dissolvable suture". These sutures are meant to be remaining and should NOT be removed. If they are poking out, you can clip them so that they are flush with the skin, but do not tweeze or pull them out. If the area is open, irritated, or looks like a sore/pimple, the area then needs to be kept clean, with a topical anti-biotic applied with a bandage and changed every 2-3 days, until healed (1-2 weeks).

Any signs of infection such as spreading redness, hot skin, fever, or severe pain, please see your GP urgently.





POST-SURGERY GARMENTS

These are vital to post-operative care and should be worn around the clock for 2 months post-surgery. They reduce your risk of blood clots, alleviate discomfort, and help reduce swelling and bruising. For the first few days, you may wear the elastic bandage if the compression garment is too tight due to swelling.

Each surgeon will recommend the best post-surgery garment based on your case.

- DO** wear Post-Surgery garment for 24 hours a day for 6-8 weeks.
- DO** continue to wear garments as often as possible for up to 6 months.



SCAR CARE & TREATMENT

Everyone will scar differently depending on skin genetics. It's important to prioritise your scar care after surgery to ensure the best results. Keep in mind your scars will continue to improve over the course of 1-2 years.

- DO NOT** start scar topicals until 3-4 weeks post surgery.
- DO NOT** use scar topics on open wounds or scabs.
- DO** use Silicone Gel Strips.
- DO** use StrataDerm Gel.
- DO** continue Scar treatment for 6 months post-surgery.
- DO** speak with a local skin clinic if you're interested in laser treatment or professional scar treatment.

WHEN TO SEEK HELP

Wondering if what you're experiencing is part of the normal healing process? It can often be difficult to decipher when you should seek help after your surgery. If in doubt, please use the Checklist below as a guide.

PATIENT CHECKLIST	YES	NO
Do you have a fever higher than 38°C?	<input type="checkbox"/>	<input type="checkbox"/>
Are you experiencing sharp pain?	<input type="checkbox"/>	<input type="checkbox"/>
Have you noticed that pain killers aren't helping to reduce your pain and/or fever?	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced any sudden & visible swelling?	<input type="checkbox"/>	<input type="checkbox"/>
Do your arms feel like they're bursting?	<input type="checkbox"/>	<input type="checkbox"/>
Are your incision sites red and hot?	<input type="checkbox"/>	<input type="checkbox"/>
Do you see puss or unusual discharge coming from your incision sites?	<input type="checkbox"/>	<input type="checkbox"/>
Have you formed any excessive bruising since leaving Thailand?	<input type="checkbox"/>	<input type="checkbox"/>

If you answer 'Yes' to any of the above it may be a sign of infection or complication. In which case, you should contact your Surgeon immediately. We're also here to support you. If you'd like to discuss any part of your recovery, please connect with your Client Manager.

SURGEON NOTES

Medications Prescribed:

Medication Instructions:

Post Op Garment:

Special Instructions:

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.