



Dr. Ramin Behmand | 204 23rd Avenue North, Nashville, TN 37203 | 615-576-3232

Armlift Pre/Post-Operative Instructions

General Information

- If you are a smoker (cigarettes or vaping) or use nicotine supplements, gum, or patches, it is very important that you stop at least 4 weeks prior to surgery. Smoking or using nicotine products can prevent blood flow that is vital for recovery after any surgery.
- It is best to stop any vitamin/medication such as Aspirin, NSAIDS (ibuprofen), Fish Oil, Vitamin E, ADD/ADHD medications and any diet pills/supplements- 1 week prior to surgery and 2 weeks after surgery. These will thin your blood. Tylenol is ok to take if needed.
- Make sure you have your prescriptions filled and waiting for you at home prior to surgery.
- It is important to have someone with you at home for the first 24-48hrs after surgery. You may feel groggy from the anesthesia and the pain medications.
- Do not eat or drink after midnight the day before surgery
- Wear something comfortable-a shirt that either buttons or zips in the front and pants that are easy to put on.
- Do not take pain medications on an empty stomach. Eat a light snack 30 minutes prior to taking pain medications. If you find you are nauseous after taking the pain medication, take your nausea medication 30 mins prior to your next pill and this should help.
- Try to stay on top of your pain at first after surgery. Taking your medication as prescribed at first will make for an easier first week after surgery.
- Do not drive or operate heavy machinery while taking pain medication. If you are still taking narcotics by the time of your first post-op appointment, then have someone drive you.
- Constipation is common after surgery from the pain medication and the anesthesia. It is safe to take Mira Lax or Colace after surgery to help prevent this. If you have no improvement after 7 days, please notify the office.
- Stay hydrated and move around as tolerated after surgery. Light walking is ok. Be careful when you change positions from sitting to standing as this may cause lightheadedness. Staying hydrated and moving as tolerated helps prevent blood clots.
- Take frequent deep breaths, pump your feet and ankles intermittently, as tolerated, while sitting/laying to help prevent blood clots.
- No strenuous activities, heavy lifting, straining or activities that would elevate your heart rate after surgery until cleared to do so by Dr. Behmand

What to Expect

- You may have drains after surgery. The hospital will teach you how to care for and empty these. The hospital will give you a log sheet to keep track of how much drainage you are having. It is important to bring these logs with you when you come in for your post-op appointment.
- It is normal to experience bruising, swelling, numbness, soreness, tightness, burning and pain. This typically peaks around the third day after surgery and goes down from there.
- You will have a compression dressing on your arms after surgery to help reduce bruising and swelling. Leave this on until your first post-operative appointment.

- When resting or sleeping, keep arms elevated on pillows for several days. Don't rest with your arms over your head; keep them at your side. You will typically ooze small amounts of bloody fluid from your arms for 24-48 hours.
- Hand and forearm swelling is common and improves with keeping arms elevated and pumping of your hands. If given a compression garment, wear it until Dr. Behmand clears you to remove it.
- Do not push, pull, lift, climb, massage the surgical site, or do any strenuous activity, as this can elevate your blood pressure which may increase bleeding/bruising. In addition, these activities can lead to wound separation and prolong your recovery time. Dr. Behmand will let you know when it's safe to resume normal activity. Be mindful of how you reach with your arms and move after surgery.
- You will need to sleep in an elevated position on your back after surgery. This will help with swelling.
- Your first post-operative appointment will be 2-5 days after your surgery
- You may shower after your first post-op appointment, if cleared to do so by Dr. Behmand. You may sponge bath until that first appointment. When you can shower, keep your back to the water, do not let water beat down on the surgical site. Gently pat the area dry or let it air dry before putting your compression garment back on.
- After your first post-operative appointment, you can move into a compression sleeve. This can be a compression shirt with long sleeves, or an actual compression sleeve. These can typically be found in a sporting goods store-if you ask for a compression shirt or compression sleeve, they will be able to help you find them.

When to call our office:

- If you develop severe shortness of breath, chest pain or are experiencing a medical emergency, call 911 and then notify your physician
- If you develop a fever of 101.4 or higher
- If your pain medication stops working
- If you have markedly increased pain, bruising, swelling or bloody drainage
- If you develop leg swelling or pain
- If you have persistent nausea or vomiting
- If you are uncertain about a medication or treatment
- If you are experiencing any adverse symptoms or changes that you do not understand
- If you have ANY questions or concerns

Dr. Behmand's Office Phone Number: 615-576-3232

If it is after office hours when you call, push one when prompted and you will be transferred to the answering service who will notify the person on call to call you back. Please do not email with medical questions, medical concerns or during a medical emergency as our email is not monitored after business hours or when we are seeing patients.

Signature and Date _____