CAOLÍN

PATIENT INFORMATION

ARM PLASTIC

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We encourage you to read this guide thoroughly and note down any questions you may have before the pre-examination.

PRE-EXAMINATION

Before making a decision about surgery, you must meet with our surgeon for a pre-operative consultation. During this meeting, you will discuss your expectations, and the surgeon will assess what will provide the best result for you. You will also receive a detailed review of your options and the risks always associated with surgery. The surgeon will also ask about your health to ensure you are suitable for the procedure.

Based on your expectations and the surgeon's recommendations, you will plan your surgery together.

You are very welcome to bring a relative to the consultation, as there is a lot of information to consider.

According to the law, you must have a 7-day reflection period after the consultation before you can give your final consent to the surgery.

EXPECTATIONS

In an arm lift at Caolín, the surgery is tailored to your individual shape and desires. However, it is important to be aware that the results of cosmetic surgery are not permanent. The natural aging process and the rate at which your body ages are influenced by both hereditary factors and lifestyle factors such as smoking, sun exposure, and weight changes.

Additionally, it is important to understand that surgery always carries a risk of complications and that the final result may not always fully meet your or the surgeon's expectations.

PREPARATION

Before the surgery, you should:

- Stop taking acetylsalicylic acid medications such as Magnyl, Aspirin, Ibuprofen, and Treo one week before the surgery.
- Avoid natural medicine, especially fish oil, ginger, and vitamin D, as they can increase the risk of bleeding. Stop all natural medicine three weeks before the surgery.
- Any blood-thinning medication may need to be paused. This will be discussed further with the surgeon during the consultation.
- Smoking should cease at least 4 weeks before and 6 weeks after the surgery. Smoking can negatively affect the cosmetic result, increase the risk of infection, and is generally harmful to your health. We often choose not to offer surgery to smokers.

It is a good idea to shop and prepare meals before the surgery so you can focus solely on recovery.

On the day of the surgery, you should take a shower with thorough soap washing of your body and hair. Avoid using body lotion or cream on the area to be operated on. Wear loose, comfortable clothing, preferably a shirt with a zipper and flat shoes. Remove any jewelry and piercings and leave them at home.

ANESTHESIA

The surgery will be performed under general anesthesia. You must fast for 6 hours before the surgery (no eating, chewing gum, smoking, or similar). You may drink water and sugary juice in small amounts up to 2 hours before the surgery; milk, juice, etc., should not be consumed.

It is very important to follow the fasting rules, as it can be dangerous to anesthetize you if you are not fasting, and the surgery may be canceled.

SURGERY

On the day of the surgery, you will arrive at the clinic at the agreed time, where the nurse will greet you. You will be shown to the appropriate area, change into a gown, and have an IV inserted. The anesthesiologist will discuss anesthesia with you, and finally, you will speak with the surgeon, who will ensure you feel safe and well-informed. The area to be operated on will also be marked.

The surgery will be performed under general anesthesia and will last approximately 1.5-2.5 hours, depending on the chosen procedure. In some cases, the surgeon may place one or two drains (small plastic tubes). These are inserted through the skin to drain any blood and wound fluid away from the healing wound surfaces.

To reduce the risk of infection, you will receive antibiotics during the surgery.

The wounds will be closed with dissolvable stitches, and tape and a suction dressing will be applied. Finally, you will have a compressive bandage placed on.

AFTER SURGERY

After the surgery, you will be taken to the recovery room, where the nurse

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will observe you. You will receive food, drinks, and pain relief if needed. Depending on the extent of the surgery, you may be discharged after a few hours.

Before you go home, the plastic surgeon and nurse will review the post-operative precautions and answer any questions to ensure you feel comfortable. You should not drive home yourself, so it is a good idea to arrange for someone to pick you up.

DAYS AFTER SURGERY

Since the surgery is performed under general anesthesia, you will be tired and lethargic the first day, and you may experience nausea and dizziness. We recommend having an adult with you for the first 24 hours.

It is important to take it easy the first few days after the surgery and generally listen to your body's signals to reduce the risk of bleeding and swelling. Make sure to stay hydrated and eat a sensible diet.

PAIN

It is important to take the prescribed medication. This will help manage your pain. Expect some pain during the first 3-4 days.

You will be prescribed Panodil (paracetamol) and Ibuprofen tablets to be taken together four times a day. Additionally, you will receive a stronger painkiller, a synthetic morphine preparation, to use if you experience severe pain.

The nurse will thoroughly review the medication with you before you go home and provide written material with all the details.

DRAINS

If drains are placed during the surgery, they are often removed before discharge. If not removed, you will be given detailed instructions on how to care for them and when they should be removed.

ACTIVITY

In the first days after surgery, it may be difficult to get out of bed, so it's a good idea to have someone to assist you. It is important to start moving around quickly to reduce the risk of blood clots. Make sure to move a little, take short walks, and rest in between.

You should avoid intense physical activity for the first 6 weeks after surgery but engage in light activities, such as short walks. The first week after surgery, be cautious and avoid pulling on the wounds, as this can cause them to widen.

You should not drive until you can safely operate a vehicle without the need for strong pain medication. A seatbelt must always be worn, whether you are driving or a passenger.

WORK

You can return to sedentary work after 1-2 weeks. For physically demanding work, you should wait at least 6 weeks before resuming.

BATHING

You may take a shower 24 hours after the surgery or when the wounds are no longer oozing (unless you have drains). Before showering, remove the compression bandage and the suction dressing.

The brown plaster can remain until your follow-up appointment. It can withstand water. Take a light shower, rinse the wounds to remove soap residues (do not wash or scrub the wounds), and pat dry with a clean towel.

You may only take baths, swim in the sea, or use a swimming pool and sauna after the stitches are removed and the wounds are completely healed.

OOZING

There may be oozing from the wounds due to the fluid used during the surgery. This is normal and will last a few days. You will receive a suction dressing from the clinic to manage this.

COMPRESSION BANDAGE

You will be given a tight compression bandage for your arms, which you must wear continuously for the first 3 weeks and then during the day for an additional 3 weeks. This helps reduce swelling and irregularities. Remove the bandage when showering or when it needs washing.

SCARRING

The scars from the surgery will typically be red and swollen initially but will improve over 6-24 months. Over time, the scars often become narrow and light, but in some cases, they may remain broad and darkly pigmented.

You may apply a moisturizing cream to the scars once they are fully healed.

Avoid smoking, as it increases the risk of infection, delayed healing, and poor scarring.

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CONTACTING THE CLINIC

You will be given a phone number upon discharge so you can contact the clinic 24/7 if any urgent issues arise. You can also expect a call from a nurse the day after your surgery to ensure you are doing well and to answer any questions. If your surgery takes place on a Friday, Saturday, or public holiday, you will be contacted by phone on the next business day.

FOLLOW-UP

After 10-14 days, you will have a follow-up with the nurse. The plasters will be removed, and the wounds will be examined. You will not need to have stitches removed, as they are dissolvable.

New tape will be provided, which you should change every 10-12 days or if it becomes visibly dirty. The tape should be used for about 3 months to help keep the scar narrow, flat, and level with the surrounding skin.

We will discuss how to care for the scars, any pain, etc. You will be offered a follow- up appointment with the plastic surgeon 3-6 months after the surgery. If you en- counter any issues before then, you are always welcome to contact us.

COMPLICATIONS

- Infection: Infections are very rare. Symptoms typically appear 3-5 days after surgery and include redness, warmth, swelling, throbbing pain, and possibly fever. If an infection occurs, you will be treated with antibiotics.
- Unsightly Scarring: Scars can vary greatly from person to person. Most scars become nice and white over time, but some individuals tend to develop red and thick scars, known as hypertrophic scarring. This process can take several years. If you have many stretch marks, it is common for the scar to fold in the stretch marks and not become smooth and attractive. This often improves over time, but not always.
- Hematoma/Blood Collection: This typically occurs within the first day after surgery, but is very rare. In a few cases, it may require additional surgery, but this usually does not affect the final result.
- Sensory Disturbances: Can occur in the skin of the operated area. This usually resolves within 3-6 months after surgery, but can be permanent for some individuals.
- Bruising and Swelling: These are expected and diminish over the first few months.
- Small Wounds in Scars: If the skin is very tight, there is a higher risk of small wounds and defects in the scar. These heal over a few weeks.
- Fluid Accumulation: In rare cases, fluid may accumulate in the operated area. If this happens, it may be necessary to drain the fluid with a thin needle.
- Tissue Death: This means that parts of the skin lose blood supply and die. If this occurs, it will require surgical removal or waiting for the body to heal the area from within, as determined by the surgeon. Being overweight or smoking increases the risk of this.
- Irregularities and Asymmetry: The skin may become uneven, especially if there are previous stretch marks. Poor skin quality increases the risk of loosening and unevenness over time.
- Nerve Damage: This can affect muscle function and sensation. The condition may be permanent.

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