



THE MICHAEL HORN

CENTER FOR COSMETIC SURGERY

Lower Back Lift Home Care Instructions

Dr. Horn has a very dedicated nursing staff to help make sure are recovering and healing from surgery as expected. It is very important to keep your follow-up appointments as scheduled.

After-surgery appointment schedule with nursing staff:

1. **Initial follow-up appointment:** will be an **in-office** visit, one week after surgery. At this time, your incisions will be checked and drain care (if applicable) will be discussed.
2. **Second follow-up appointment:** will be in **in-office** visit 7 to 14 days after surgery. At this visit, you will have your drains removed (if applicable) and incision checked.
3. **Third follow-up appointment:** will be **in-office**, six to ten weeks after surgery. This appointment timing will-be-determined by your recovery progress. At this time, your incisions will be checked for proper healing.

Medications:

Arnica: *helps reduce bruising and inflammation.*

- Starting 4 days prior to surgery-Dissolve 5 tablets under tongue 3 times daily for 5 days.

Keflex (Cephalexin) 500mg: *antibiotic.*

- Starting evening of surgery- Take 1 capsule by mouth 3 times daily for 7 days.

Celebrex (Celecoxib) 200mg: *helps reduce swelling.*

- Morning of surgery take 2 capsules by mouth with a small sip of water
- Morning after surgery take remaining 1 capsule by mouth with water

Norco (Hydrocodone/Acetaminophine) 5mg/325mg: *Opioid pain reliever*

- After surgery, as needed- Take 1 to 2 tablets every 4 to 6 hours as needed for pain.

******* Please note:** Opioids can be addicted and have negative side effects, including constipation. If you are need of additional pain, relief after you completed your Norco we ask that you switch to Extra Strength Tylenol if needed (max 3 grams per day).

Allergies: If you notified us before your surgery that you were allergic to any of the above medications, we gave you a substitute medication. If this is the case, please follow the instructions on your medication bottle.

If you experience hives or itching after taking a medication, you may be having an allergic reaction. Please discontinue medication and contact us immediately.

Medication Usage: Take pain medication with food. Pain medications and decreased activity can cause constipation. Eating fresh fruit (not bananas) can help prevent constipation naturally. If needed you can purchase an over the counter stool softener or laxative from the pharmacy.

DO NOT take aspirin or aspirin containing products for four weeks after surgery; this includes Motrin/Advil/ibuprofen. Tylenol is a good substitute when needed for pain relief.

Bathing: Sponge bath only after surgery, until your drains are removed (one to two weeks after surgery). After drain removal, you can resume showering as normal; no soaking, bathtub use, swimming and/or steam rooms should be used for two weeks after surgery.

Drain Care (if applicable): Empty drains three times a day, record time and amount on drainage record form. Drains typically remain in place for one to two weeks after surgery. At times drains are left longer if drainage amounts are above 15cc per drain in a 24-hour period (see last page of drain care instructions). It may be helpful to place a protective pad or towel over your bedding to protect the fabric from any drainage. Dr. Horn and/or his nursing team will determine appropriate timing for removal of drains. **DO NOT ATTEMPT TO REMOVE THE DRAINS YOURSELF; DOING SO CAN CAUSE SEVERE COMPLICATIONS.**

Swelling: It is normal for swelling to occur following surgery. It is important that you wear your compression sleeves at all times. Garments should only be removed while you are showering.

Topical Treatment During Recovery: You need to keep the area surrounding the incision moisturized with either Vaseline or Aquaphor, avoiding the Steri-strips. You may also purchase from our office the following recommended topical:

Alastin Regenerating Skin Nectar

Begin using immediately after steri-strips have fallen off

Cost: \$195 plus tax

Garments: Garment/Binder: Garments/binders help reduce swelling. For optimal results, garments/binders continue wearing for at least four to six weeks after surgery. There may be some bloody drainage on garment after your procedure. When you wash garments, reapply as soon as garment is dry. You may find it beneficial to purchase a second garment from our office to avoid any time without compression.

Dressing: Starting 14 days after the procedure, any remaining tape can be removed from incision. At this time, you can begin massaging incision line for 15 minutes per day with Vitamin E, coco butter, or products advised by our clinical staff. The sutures used are dissolvable; you will not need to have them removed.

Activity: Rest for one to two weeks and then increase activity, as tolerated. You may begin light exercise (slow walking on the treadmill) after two weeks. It is likely you will see some fluctuation in water weight, once exercise has been reintroduced. Activity that is more vigorous can be restarted after six weeks. You may resume sexual activity as comfort permits, usually two to three weeks after surgery. **No lifting over 10 pounds for 6 weeks.**

Driving: You may resume driving when you are no longer taking prescription pain medication and you are able to sit comfortably behind the wheel; make certain you are able to perform all motions necessary for safe driving.

Recommendations for scar care: Scar care can begin six weeks post-operatively. We do not recommend applying any topical treatments that address scarring, including the ones listed below, until you are six to ten weeks post op.

NeoCutis BioGel Moisturizing HydroGel: Visibly diminishes the appearance of scars.

Instructions: Apply to affected area twice daily. Cost: \$178 plus Tax

Scar Away Cream or Patches: Apply as directed on package for eight to ten weeks total. These treatments are generally available at your local pharmacy, Amazon or through the Scar Away website.

BIOCORNEUM by Sientra: Crosslinked silicone that visibly diminishes the appearance Of scars. ***Instructions:*** Apply a thin, even layer twice daily. Cost: \$143.95 plus Tax

General instructions:

- Do not stay unattended for the first 24 hours following surgery.
- Do not work with electrical or mechanical devices for 24 hours.
- Do not drive for 24 hours after surgery.
- Do not take tranquilizers or sleeping pills for 24 hours after surgery.
- Do not make any important decisions/sign important documents for 24 hours after surgery or until your full mental alertness returns.
- Do not take aspirin or aspirin containing products for four weeks after surgery.
- Do not smoke for two weeks.

In case of: Continuous or Heavy Bleeding
Difficulty Breathing
Fever/ Chills
Continuous Nausea and Vomiting
Excessive Drainage from Surgical Area

Contact Dr. Horn or the clinical staff immediately.

During business hours, call the office at 312.202.9000. After hours, page Dr. Horn