

J. Anthony Stephens, M.D.
Plastic and Reconstructive Surgery
5233 Dijon Drive
Baton Rouge, Louisiana 70808
(225) 767-7575

Instructions for skin reduction to upper arms

- 1. Please return home and limit activities for 24 hours. Have someone assist you.*
- 2. You may start with liquids as tolerated and progress to solid food if there is no nausea.*
- 3. Take the prescribed pain medication as needed. Do not take pain medication on an empty stomach. Alcohol must be avoided while taking any form of pain medication.*
- 4. Swelling and bruising are expected. Please keep the dressings secure.*
- 5. Apply ice packs to the inner arms/underarm area for 48 hours.*
- 6. Okay to shower 48 hours after surgery. Reapply snug compression dressing after your shower. A compression garment should be worn on the upper arm for at least 3 weeks to get the best result.*

If you have any questions post-operatively, please give me a call at 767-7575