



Brachioplasty (arm lift)

Post-operative Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest and follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- No alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- It is normal to experience bruising, swelling, numbness, soreness, tightness, burning, difficulty lifting your arms, and drainage from your incisions.
- Your dressings will consist of a compression garment applied to each arm to help reduce swelling and bruising. In some cases, you may also have small tubes inserted under the skin to collect any fluid buildup. These will be removed approximately one week after surgery. The sutures will be dissolvable so nothing will need to be removed.
- You may need to wait 2-3 days before you shower. At this time you may shower if you are comfortable, but leave the paper tapes over your incisions in place. Wash the area of sutures gently but thoroughly each time. You may need to apply gauze over your incisions to absorb any drainage and replace as needed. Tub bathing is not recommended until all incisions have healed.
- Your support garments will need to be worn for 2-4 weeks following surgery. You may adjust the garments as needed. It should be snug, but not uncomfortable.

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- Please be careful when shaving, as your incisions may be puckered and while you are still experiencing numbness.
- Do not smoke, as smoking delays healing and increases the risk of complications.

What should my activity level be?

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you have full range of motion with your arms.
- Refrain from vigorous activity for 6 weeks.
- Strenuous exercise and activities such as sports should be avoided for 3-4 weeks, depending on the extent of the surgery.
- Body contact sports should be avoided for 6-8 weeks.
- Do not drive until you are no longer taking any pain medications (narcotics). Discuss your time off from work with your surgeon; this varies according to surgery.
- Employment can be resumed in 14 days.

How do I take care of my incision?

- Expect some mild drainage onto the steri-strips covering the incisions of the liposuction site
- If your incision was closed with steri-strips, they will generally start to fall off in 10-14 days. You may trim loose ends, but do not remove adherent strips.
- If your incision was closed with skin glue, it will slowly flake off over the first couple of weeks.



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- Keep incisions clean and inspect daily for signs of infection.
- Refrain from sleeping on your stomach for 8 weeks. Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater)

How should I expect to feel?

- You are likely to feel tired for a few days, but you should be up and around in 4-5 days.
- Maximum discomfort will occur in the first few days after surgery.
- Swelling may occur for approximately 1-6 months, and numbness will continue to improve as healing progresses.
- You may help lessen bruising, swelling and discomfort with the use of cold compresses. For the first 72 hours, sleep with pillows under your arms to keep them in an elevated position.
- Full arm extension may be impossible for the first week. You can help this by standing 2 feet from the wall, and "walk" your fingers up the wall. Don't overdo it, gradually increase by using your discomfort as a guide.
- Please ask your physician before you begin taking aspirin or other anti-inflammatory medications, as these can create greater risk for bleeding.

What will it look like?

- Most of the discoloration and swelling will subside in 4-6 weeks.



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- Scars may be red and angry looking for 6 months. In time, these usually soften and fade. Talk to your surgeon about when to start scar massage (typically 3-4 weeks after surgery).

What follow-up care should I expect?

- Sutures will be dissolvable. They are under your skin. They are clear in appearance and will be trimmed to the skin line in 1-2 weeks.
- If your sutures are not dissolvable, they are typically removed 10 days after the surgery at the doctor's office and he will specify that to you at the time of the surgery and follow-up visit.

When should I call my doctor?

- If you have increased swelling or bruising.
- If swelling and redness persist for a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting or constipation.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.



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- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you develop increased pain in your calves, shortness of breath, or chest pain.
- If you develop any symptoms of concern.
- Monday - Friday, 9:00am - 5:00pm:

Call: (646) 943 6042 to make a follow-up appointment

- After hours and on weekends:

(646) 943 6042
(347) 767 6653

Please remember that for the vast majority of patients the goal is significant improvement, not perfection. Please contact the office at (646) 943 6042 should you have any questions or concerns

Disclaimer: This document contains information and/or instructional materials for the typical patient with your condition. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.