

Brachioplasty (Arm Lift)

Post-Operative Instructions

Wound Care

- Leave dressings in place until your first post operative appointment (1 week)
- You may sponge bathe until bandages come off.
- Once your bandages are off, you will still have steri strips over the incisions. These will stay on for 2-4weeks. Do not pull these off.
- Expect swelling, numbness and bruising, especially in the first few days after surgery. This is normal and will gradually subside.

Activity Restrictions

- **NO SMOKING** during the recovery process, as it impairs circulation and delays healing.
- Gradually increase movement, but avoid heavy lifting or strenuous activities for at least 6 weeks. You may be instructed to wear compression garments for a few weeks to reduce swelling and support the arms.
- Sleep with your arms elevated, at a 45-degree angle, if possible, to help with swelling and discomfort.
- You may drive once you are not taking pain medications and feel comfortable to do so.

Pain Management

- Take any prescribed pain medication as instructed, especially in the first few days after surgery. Make sure you are drinking plenty of water & taking a stool softener as well.
- You may also be given medication to prevent infection, so be sure to take it as prescribed.

Contact your surgeon immediately at 601-987-6581 if you experience:

- Increased redness or warmth at the incision sites
- Fever greater than 100.4
- Drainage that becomes thick, yellow, or green
- Severe pain not relieved by medications
- Numbness or loss of sensation in the arms (normal for the first 48hrs, but it should improve)