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WWW.ADVANCED PLASTIC SURGERY.COM

BRACHIOPLASTY (ARM LIFT)
POSTOPERATIVE INSTRUCTIONS

Your greatest discomfort will be within the first 24-48 hours after your surgery. Take your pain medication as prescribed. Take the pain medication with crackers, toast, soup, or liquids to avoid nausea that can occur on an empty stomach.

Avoid aspirin, Ibuprofen, Motrin, Advil, Aleve, etc. for 2 weeks after your surgery. These products have a tendency to increase drainage and bruising.

We will have you take Vitamin C 2000 milligrams per day and Arnica Montana to help decrease the postoperative swelling and bruising. Take these as instructed following your surgery.

DRESSINGS

Your dressing consists of Dermabond Tissue Sealant (clear glue).

You can have some bruising or swelling for 2-3 weeks.

Your sutures usually will be absorbable and will not require removal.

ACTIVITY

You may shower 24 hours after surgery with assistance. Remove the entire gauze dressing and ace wraps before showering. With the Dermabond dressing you can shower without concern. Do not soak in a tub, hot tub, pool or lake.

After showering you should re-apply the ace wrap starting at your hands and continuing up to your shoulder. You can secure the dressing to the shoulder with tape. If the dressing is not applied starting at the hands, it will result in excess swelling of the hands. We do expect some hand swelling, but the ace wraps are used to reduce the swelling of the arms. If, for comfort reasons, you prefer not to replace the ace wraps they are not absolutely necessary.

If you develop numbness or tingling of your hands, remove the ace wraps and re-apply them more loosely.

You will need to ask your surgeon about how long to stay out of work depending on the type of brachioplasty.

Limit your activity to daily routine. Avoid lifting, pushing or pulling objects over 5 lbs. This will cause pressure and stress on your surgery area. Also avoid heavy upper body activity or reaching.

If you smoke, please refrain for a minimum of 14 days before and one month afterwards. Smoking restricts the blood supply and retards the healing process. Please refer to our **Smoking Policy**.

Check with your surgeon before resuming exercise or driving.

SLEEPING

Avoid sleeping on your stomach until all soreness has subsided. You may find sleeping with 2-3 pillows under your head and/or 2 pillows under your arms may be more comfortable. Elevation of the arms also helps to reduce swelling.

COMPLICATIONS

Call your physician if any of the following occur:

- Severe pain not responding to pain medication
- Excessive pain with swelling in groin, thigh, or leg area with redness, warmth or hardening.
- Bleeding or odorous draining that does not subside.

**IF YOU HAVE QUESTIONS, PROBLEMS, OR AN EMERGENCY, PLEASE
CALL (410)427-5555**

Pain medications may cause constipation. You may take an over the counter stool softener, i.e. Metamucil, Surfak, Colace, or Docusate to avoid constipation. Take 1 stool softener a day as needed along with pain medication.

We recommend Florastor to be taken once a day as long as you are on Antibiotics; this is available over-the-counter.