

Instructions after Brachioplasty (Arm Lift)

GENERAL:

- Have someone drive you home and stay with you for the first few days.
- Do not smoke or be around smokers as smoking even second hand smoke delays healing and increase risk of complications.
- Get plenty of rest. Follow a well balanced diet to include protein and limit the amount salt intake. Be sure to consume a high protein diet. A high salt diet or meal, can lead to increased swelling and prolonged recovery.
- Oral hydration should include the use of electrolyte containing fluids such as Gatorade or a low calorie substitute. Limit the amount of caffeinated beverages as they can promote dehydration.

ACTIVITIES:

- Walking is encouraged the day of the operation and can be increased over the first 2 weeks.
- Cardiovascular exercise can be resumed after 6 weeks.
- Wear your upper extremity garment or ACE wrap continuously for the first 6 weeks. You may take it off to shower.
- When lying down elevate your arms above your heart. Keep your arms elevated on two pillows with elbows slightly bent.
- Do not lift anything heavier than 10 pounds for 3 weeks. Limit lifting to under 15 pounds for weeks 3 to 6. Do not drive for at least 1 week and/or when you are no longer taking oral pain medications.
- Heavy lifting/stretching (Yoga) can be resumed after 6 weeks.

INCISION CARE:

- You will have a clear skin glue and tape dressing on all incisions that will remain on for 3 weeks.
- You may shower once the drains are removed. Make sure someone is with you at your first shower.
- Do not submerge the incisions for at least 4 weeks.
- We recommend Silicone (NewGel®) Sheets for scar therapy at 3 weeks. Topical scar care and scar massage will be initiated at the 3 week point depending on healing.

DRAIN CARE:

- You have two small silicone tubes connected to a suction bulb under the skin in the area of surgery. These are referred to as drains and help collect fluid, which can normally occur in the area of surgery and liposuction. Care for the drains will be reviewed by the nurse on discharge. Keep your drainage bulbs collapsed and record time and amounts of drainage over a 24-hour period. Generally the drains will be removed when the individual drain output is 30cc or less in a 24-hour period, which usually occurs in 5 to 7 days

WHAT TO EXPECT AFTER:

- Moderate swelling of arms is expected; this will subside in 6 to 9 weeks.
- The most common complaint is swelling in both hands with numbness and tingling for the first 1 to 2 days. This is related to the effects of operation combined with the compression garment ending at the wrist. This will improve with elevation and the removal of the ACE wrap/garment.
- It is common to have discomfort in the area of liposuction and mild burning around the inner arm incision after this surgery - this is normal, and will improve shortly after surgery.
- Discomfort in the areas of liposuction and skin tightening may worsen with increased activity and relates to internal sutures that Dr. Dawli places to shape this area of the upper inner arm.
- You can expect some slight oozing (bloody) from the stitch lines and swelling of the incisions. Gauze can be reapplied if it is bothersome. However, you should call the office if you have a continuous bleeding, significantly more swelling on one side than the other, or any severe pain and associated swelling.
- Tightness of the upper arms, elbows and hands are a normal feeling after this surgery. This may worsen over the first 2 days. This will relax with time and can be relieved with elevation of the arms above the heart.
- There may be a feeling of numbness of the upper arms that will subside with time. Red discoloration of the incisions may occur if there is significant swelling, especially in the areas of sutures. This will resolve when the glue falls off and the stitches are removed.

WHEN TO CALL THE OFFICE:

If you have increased swelling and bruising of one arm that is significantly more than the other.

If you have significantly increased drain output over an 8 hour period (greater than 150 ccs)

If you have increasing redness or swelling around the incision.

If you have pain in the calf and swelling in one calf significantly more than the other

If you have chest pain or shortness of breath.

If you have severe pain not relived by pain medication.

If you have any side effects from medication: rash, nausea, headache, vomiting.

If you have fever over 101.

If you have yellow or greenish drainage from incision or notice a foul odor.

If you notice some vaginal burning and itching as a result of the antibiotics used during and after surgery.

For medical questions, please call the office at 716.821.2935.

Instructions on Medications after Surgery

Pain Management:

1. Take Tylenol 650 mg scheduled every 6 hours whether or not you are having pain. Do not take it if you have a liver problem or allergy. Be sure to take it with food. You will be prescribed Tylenol.
2. Take the Oxycodone for breakthrough pain that is not controlled by Tylenol. You will be prescribed Oxycodone.
3. You can start Motrin one (1) week after surgery. After the first week, you can take both Tylenol and Motrin every 6 hours.

Antibiotics

1. You will be prescribed an antibiotic to prevent infection. Please take your antibiotic as directed.

Stool Softener/Constipation Prevention

1. Take Colace 200mg twice a day to prevent constipation. You will be prescribed Colace.
2. If you have not had a bowel movement 48 hours after surgery, then you should start over the counter Milk of Magnesium.

Nausea

1. If you have nausea after general anesthesia, then you should take Zofran 8mg every 8 hours as needed for nausea. You will be prescribed Zofran.

Vitamins

1. Take your Vitamin C supplementation and Multivitamin after surgery for 6 weeks.