

### **Arm Lift (Brachioplasty) Post-Op Recovery Instructions**

1. Your arms will be dressed in a circumferential wrap. This will be fairly tight to keep good pressure under the arm. This can be loosened the following day. Please keep your arms elevated as much as you can. This will help with the swelling and pain.
2. Please drink liquids after your surgery and advance to a regular diet as tolerated.
3. Compression of the arm should ideally be done most of the day for the first 2-3 days after surgery. You may remove it for washings, showers and for short breaks (30-60 minutes) from compression. Afterwards, it may be worn at night time only for next 2-3 weeks for additional support.
4. You may shower or bath the next day after removing the compression. Be gentle along incisions. The glue and tape will fall off in 1-2 weeks. Allow the glue and tape to fall off naturally.
5. Bruising and swelling are to be expected in the arm in the first week after surgery which does change how well it looked when the procedure was completed in the operating room. While the arm compression dressing/wrap helps some of this, it will take several weeks after surgery to get closer to a final result.
6. The arms will also feel hard and irregular after surgery once the swelling sets in. This will feel unnatural and can be concerning, but it is very common after liposuction and arm lift. It will actually take about 6 weeks until the arms feel soft again. Until the arms feel soft and all of the 'lumps and bumps' have gone away, do not judge the final outcome. To help the arms soften, it is advisable to begin gentle massage and kneading of the arms as often as you are able to hasten the resolution process. The arm discomfort will usually not allow you to start this until about 10 days after surgery. Lymphatic massages can help hasten this process.
7. If dissolvable sutures were used, then they will dissolve on their own over time. However, if external stitches were used, they need to be removed between 5-7 days after surgery.
8. The skin of the arm may feel numb for up to 4 to 6 weeks after surgery. Normal feeling will completely return with time.
9. Your activity level should be what you feel comfortable doing. Exercising can be done when you find that it does not strain or cause discomfort in your neck.
10. Please contact us for any questions or concerns.