

## After Brachioplasty (Arm Lift) Instructions

You will have a compression garment in place after surgery. This should remain in place for the first 24 hours after surgery.

It is very important that you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Severe scarring may result from failure to observe this precaution.

**Medications** (you may be given all or some of the following medications depending on your surgery):

- Pain Medication: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Anti-Nausea Medication: In the event that you experience nausea or vomiting, take this medicine. While you may not need it, it is advisable to fill the prescription just in case.
- Stool Softener: Your pain medicine can cause constipation, and excess strain and pressure can not only be unpleasant, but may hurt your incisions. Please take this while on the Pain Medication.
- Muscle Relaxant/Anti-anxiety Medication: This will help relax the muscles involved in your procedure, which will help with pain control and should help you sleep.

Although you have been given a prescription for pain medication, you may only need regular Tylenol, and should try it first. If your stomach becomes irritated or upset, stop the medication.

**Do not use Ibuprofen or aspirin containing products which may increase your chances of bleeding complications.**

**Surgical site care:**

- Leave bandages in place until tomorrow.
- Change bandages tomorrow.
  - Remove gauze, shower gently and pat dry.
  - Do not allow direct high pressure shower spray to hit incisions.
  - Do not soak incisions.
  - Leave steristrips in place.
- Place new, dry gauze bandages and medipore tape over the incisions if needed. Wear compression garment at all times when not showering.
- Do not scrub incisions, place antibiotic ointment or oils along steristrips.
- You may experience some numbness around the incision line that will diminish with time.
- You can expect some pain and discomfort for 3 to 4 weeks, although it should decrease considerably from the first 1 to 2 days.

**Activities:**

- Keep your arms elevated. This will help reduce swelling.
- **No heavy lifting >5 lbs for four (4) weeks. \*\*\***
- Ambulate the night of your procedure. You are not on bed rest. We encourage our patients to walk every 30 minutes, except when sleeping.

**Returning to Particular Activities\*\*\***

- You may return to nonimpact aerobics at 2 weeks after surgery (stair master, low-speed elliptical).
- You may begin running at 4 weeks after surgery, but wear a sports bra over your surgical bra for the next 2 weeks (post-op week 5 and 6).
- You may begin push-ups, pull ups and swimming 6 weeks after your procedure.
- With all activities, it is important to listen to your body. Don't push too hard, take it "low and slow."
- Avoid quick, hard movements that could break a suture or tear the incision apart. Avoid excessive lifting that can cause increased pressure and possible bleeding.

**Diet:**

- As tolerated, No restrictions.
- We would recommend you start resuming your normal diet gradually. Start with thin or thick liquids and advance to a general diet as tolerated.
- Drink plenty of water (eight 8-oz glasses each day).
- Do not drink any alcoholic beverages for 3 days. Never drink alcoholic beverages while on prescribed pain medication.

**Follow-up appointments:** (Please call the Mercy Clinic Medical Spa at 417-820-9340 to schedule your appointment.)\*\*\*

- 2 weeks after surgery: Your steristrips will be removed at this time. After your steristrips are removed you may use regular moisturizer daily. Be sure to apply sunscreen to your suture lines to prevent pigmentation issues.
- 2 months after surgery: You will be instructed on scar care at this visit.
- Annually: We would love to make sure everything is going great after your breast lift procedure.

**Watch for the following signs and symptoms, and notify Physician immediately if these occur:**

- Fever or blistering.
- Redness that looks like sunburn, tenderness or warmth in the area of redness.
- Sudden increase in one-sided pain.
- Swelling that is much greater on one side.
- Bruising is **NORMAL**.



Mercy Clinic Medical Spa  
417.820.9340

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