

Post Operative Care Instructions For Brachioplasty

1. Immediately after surgery a garment will be placed that will cover both surgical sites. It is important that you wear this garment around the clock (except when showering) for 2 weeks after surgery.
2. When you remove the garment for the first time you will find a bulky gauze dressing in place over the incision. This can be discarded. Under this you will find small pieces of tape all along the incision line. **DO NOT REMOVE THESE TAPES.** It is normal for there to be some blood stains on the tapes. Do not be concerned. You can shower the tapes and they will remain intact. Do not soak in a bathtub or pool, or hot tub.
3. You will experience pain that should be easily controlled with the medication provided. Remember that pain medication is more effective if you “keep up with the pain” as opposed to allowing it to become severe before you medicate yourself. Never attempt to drive when taking prescription pain medication.
4. Swelling, discomfort and skin discoloration will begin to subside in the first 1-2 weeks following surgery. Your return to normal activity will depend on how you heal and feel. **NO EXERCISE OR HEAVY LIFTING FOR ONE MONTH AFTER SURGERY.** We are thrilled if you feel like jumping right back into the swing of things, but **DON'T DO IT.** These activities increase the pressure in your vessels and may cause you to bleed.
5. Expect itching, numbness and strange tingling feeling as you progress. This is all a part of the normal healing process. You will feel a ridge beneath the incision line and it will be reddened. The wound will soften and the scar turns white with time. It takes 6 months to a year for wounds to mature.
6. No smoking for a minimum of two weeks before and 6 weeks after surgery.
7. Call if you have signs of infection which include increasing redness around the wound, skin around the wound is hot, a significant increase in pain and swelling.
8. If you have any concerns or questions please do not hesitate to call the office.

If you should need to reach the Doctor after office hours please call the office or the answering service at 813-222-5312.