

AFTER BRACHIOPLASTY (ARM LIFT) SURGERY

ACTIVITY

It is important to rest the first few days after surgery, this allows the body to heal. Activity raises the blood pressure and may cause post-operative bleeding at the operated area. When resting, your arms should be supported on pillows-hands and elbows higher than the heart. It is important to be up walking, however limit activity that involves repetitive movement of the arm or any heavy lifting for approximately 2 weeks. You may go for short walks and perform light activities around the home as you feel able. You can resume normal activity by approximately 6 weeks after surgery.

MEDICATIONS

Avoid Aspirin/Advil/Ibuprofen (Acetylsalicylic Acid or ASA) as this thins the blood and may lead to post-operative bleeding. It should be avoided for one week following surgery. Tylenol is an excellent medication for relief of pain. **DO NOT SMOKE.** Smoking dramatically increases any chance of complications around the time of your surgery. You should refrain from smoking for one month after your surgery it is detrimental to post-operative healing.

DRESSINGS

Keep the incision clean and dry. Do not remove the tensor bandage/garment or change the dressing for 48hrs after discharge.

IF YOU DO NOT HAVE DRAINS = you may shower after 48 hours. Do not aim the water directly at your incisions as this will be painful, just let the water run over the area. Wash the affected area once daily. This keeps the incisions clean and helps prevent infection. You may change the gauze and reapply the tensor once daily or more often as needed.

IF YOU HAVE A DRAIN, you may shower 48 hours after drain removal. When you have finished washing, gently pat your incisions dry and apply gauze and then your tensor bandage or garment.

Do not take a bath or swim for two to three weeks following surgery. There are numerous small tapes applied to the incisions at the time of surgery. **Leave the white paper tapes in place, they are encouraged to minimize scarring, use for up to 6 weeks.**

THINGS TO WATCH FOR

Infection: You should feel better each day after your operation. Redness, increasing swelling, increasing pain, discharge or a fever, all may indicate infection. If any of these things occur call or email Dr. Fortin's office.

Numbness: If you are experiencing finger numbness, it is usually swelling related. Ensure you are elevating the hands enough. It should help resolve as swelling decreases.

Bleeding: A small amount of red or yellow discharge from a fresh incision is normal for up to five days after surgery. If bleeding is persistent, call Dr. Fortin's office or go to the nearest emergency

department.

FOLLOW UP

Dr. Fortin would like to see you in the office one week after surgery if you have a drain in place. Your sutures will dissolve on their own, however there may be some sutures that need to be removed at two weeks from discharge. **Please bring a long sleeved compression shirt to your follow up appointment**, the tensor bandages will be removed at that appointment and you can then put the long sleeved compression shirt on afterwards.

PLEASE NOTIFY THE OFFICE IF YOU HAVE SOUGHT OUT ANY MEDICAL ATTENTION 10 DAYS POST SURGICAL PROCEDURE
If you have any questions regarding your surgery please call or email Dr. Fortin's office.