

Brachioplasty (Arm Lift) Post-Operative Instructions

If you are in need of immediate assistance after hours, please go to the nearest emergency room. For general questions or need assistance that cannot wait until the next business day, you may call the answering service and they will get in contact with Dr. Rodrigues.

1. Please fill and pick up prescriptions and follow directions as prescribed by Dr. Rodrigues.
2. First post-op appointments are usually done about 7-10 days after surgery. Please call our office to schedule an appointment.
3. Post-operative garments are to be worn at all times until your first post-operative appointment. Garments apply pressure to the surgical area which helps reduce swelling and contour the surgical area.
4. In some cases, surgical drains are placed to draw off excess fluid from the surgical site. Please follow instructions given by the recovery staff to empty the drains and log the amount of excess fluid.
5. Watch for any active bleeding, extensive bruising, or abnormal swelling or pain. Call the office immediately if a fever, chills, fainting, or shortness of breath develop.
6. Showers are permitted after the first 48 hours post-operatively. The top bulky bandages can be removed from the surgical site before showering, but please leave steri-strips over incisions until your first post-op visit. Be sure to pat dry all wet areas as well as possible. DO NOT immerse in bodies of water such as baths, swimming or hot tubs for 6 weeks following surgery. Bodies of water hold bacteria and can increase your risk of infection.
7. DO NOT hold animals or allow animals to sleep with you for two weeks following surgery.
8. No exercising, lifting, heavy exertion, heavy housework etc. for three weeks. Too much activity can cause excessive bleeding and/or swelling.
9. Smoking causes wound healing problems. It can cause significant breakdown of the incisions and also loss of skin. It is required for your own postoperative recovery that you do not smoke for two weeks following the surgery.
10. Take deep breaths following the procedure to keep any fluid out of the lungs.

Please Note: These instructions are to be followed as a general guideline. Dr. Rodrigues will discuss with you the exact instructions he wishes you to follow after your individual surgery. If you have any questions, concerns, or need clarification of instructions, please feel free to call our office.