

Paragould Plastic Surgery

1000 West Kingshighway

Suite 7

Paragould, AR 72450

(870)239-8427

Arm Lift

Post-Operative Instructions

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not smoke. Smoking delays wound healing and greatly increases your risk of complications.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking narcotic pain medication.
- No strenuous activity for 4 weeks. Increase activity slowly as tolerated. (If it hurts don't do it.)
- You may return to work in about 2 weeks (if not too strenuous).

Incision Care

- You may shower 48 hours after surgery. Please remove all dressings before showering. No baths, hot tubs or swimming until cleared by your surgeon.
- Keep incisions clean and dry. Do not apply any ointments or creams to incisions unless directed by your surgeon.
- You may pad the incision with gauze for comfort. It may be necessary to change gauze more than one time per day if you are having drainage.
- It is the responsibility of the patient to purchase dressing supplies (4x4 gauze, 4 inch roll gauze and tape if needed). Dressing supplies will not be provided by hospital or doctors office.

What to Expect

- You will go home from hospital the same day as surgery.
- Maximum discomfort will occur the first few days after surgery.
- You may experience temporary soreness, bruising and swelling.
- Your arms will be wrapped for compression after surgery.
- You may have random, shooting pains for a few months.
- It is normal to have a small amount of blood tinged drainage.
- There may be numbness around the operative areas.

Appearance

- Most of the discoloration and swelling will go away in 2-4 weeks.
- There will be a scar in the underarm area and could extend to elbow, this scar will be hidden when arm is against body.
- Scars may be red and angry looking for up to 6 months. In time, these usually soften and fade.

- All sutures are dissolvable and will go away over time.

When to Call

- If you have increased redness along the incision.
- If you have increased pain that is not relieved by medication.
- If you have any side effects to medications such as a rash.
- If you have an oral temperature over 100.4 degrees.
- If you have any tan or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

For Medical Questions, please call:

- (870)239-8427, Monday-Friday, 8am to 4:30pm
- After hours, weekends and holidays (870)239-8247 and the answering service will assist you.
- You will follow up with surgeon 2 weeks from the day of your surgery.