

# RICHMOND PLASTIC SURGEONS

DARRIN M. HUBERT, M.D., F.A.C.S.

## BRACHIOPLASTY (UPPER ARM LIFT) POST-OPERATIVE INSTRUCTIONS

**GARMENT:** You will be in a compressive garment or ACE wraps around your upper arms following the procedure. This should be worn at all times except when showering. There may be a small amount of oozing from the incisions for the first day or two, especially if you also had liposuction. This is normal. The garment or ACE wraps should be worn around the clock for the first two weeks. Wear loose-fitting clothing that does not rub across the incisions. The garment or ACE wraps may be washed if they get soiled. Allow them to air-dry, do not place in the dryer.

**ACTIVITY:** Take it easy for the first several days. No cleaning, housework, or strenuous activity. Do not lift your arms over your head for four weeks after the surgery. Do not lift anything over 10 pounds, including children. However, do not remain constantly in bed. You should walk at least three times daily, with assistance if needed. While you are seated or in bed, you should elevate your arms on a few pillows for the first 72 hours.

**BATHING:** You may shower one day after surgery unless you are instructed differently by your surgeon. No tub baths or swimming for two weeks. Your incisions are usually covered with skin glue which eventually falls off on its own. The incisions may get wet in the shower, letting the water run over them, then just pat everything dry. If the skin glue has not fallen off, you may start to scrub it in the shower or peel it off at one week after surgery. If you are having spotting from any of your incisions, replace the gauze bandages or pads after each shower and as needed.

**DRAINS:** see JP drain instruction sheet if you had surgical drains placed during your procedure.

**MEDICATIONS:** take as directed. Do not drive while taking narcotic pain medications. Avoid aspirin for two weeks after surgery. You may take non-steroidal anti-inflammatories (e.g. ibuprofen) starting the day of surgery. Ibuprofen can be taken instead of, or in addition to, your prescription pain medication, according to the directions on the bottle.

**PHARMACY:** Your prescriptions were sent electronically to the following pharmacy: \_\_\_\_\_

**EXERCISE:** You may resume light activities (e.g. walking significant distances) as tolerated two weeks after surgery. Normal activity can be instituted one month after surgery, starting slowly, and increasing as your body allows. Weight training, cross fit, sexual activity, and other vigorous activity should not be started until six weeks following surgery.

### FOLLOW-UP APPOINTMENT:

( ) Your appointment is scheduled for \_\_\_\_\_.

West Creek Office of Richmond Plastic Surgeons  
1630 Wilkes Ridge Parkway, Suite 201  
Richmond, Virginia 23233

Midlothian Office of Richmond Plastic Surgeons  
14401 Sommerville Court  
Midlothian, Virginia 23113

( ) Please call **804-285-4115** to schedule an appointment for \_\_\_\_\_.