

## What is Brachioplasty?

An arm lift, or brachioplasty, is a surgical procedure that reshapes the under portion of the upper arm, from the underarm region to the elbow. The procedure is performed to:

- Reduce excess sagging skin that droops downward
- Tighten and smooth the underlying supportive tissue that defines the shape of the upper arm
- Reduce localized pockets of fat in the upper arm region.
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### Is it right for me?

In general, candidates for an arm lift include:

- Adults with significant upper arm skin laxity
- Adults of any age whose weight is relatively stable and who are not significantly overweight
- Healthy individuals who do not have medical conditions that can impair healing or increase risk of surgery
- Non-smokers
- Individuals with a positive outlook and realistic expectations



# Brachioplasty

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# Preparing for Surgery

Complete all pre-testing and lab work 3 weeks prior to your surgery.

No food or drink including water after midnight prior to surgery.

Fill your prescriptions prior to your surgery. These will be taken after the procedure, unless otherwise ordered.

Pain medication is prescribed to alleviate your discomfort.

Antibiotics will be prescribed. Complete as prescribed. Please alert the physician of any allergies to medications.

You may consider Zofran to prevent nausea. Your insurance may not pay for it. Ask the doctor for a prescription.

If you think you may have difficulty sleeping, Tylenol PM or Advil PM may be used.

If you care for family or pets, please make arrangements to have assistance for the first 7 to 10 days.

You may want to begin taking yogurt with active cultures daily following surgery to support normal flora.

It is best to practice getting in and out of bed by turning on your side and using your elbows to assist you. You may use a lazy boy chair initially.

Comfortable, loose fitting pajamas and clothing are recommended following surgery. Button up front shirts are preferable to pulling them over your head.

Shower and wash well prior to surgery. Do not wear make-up. Removal all nail polish. If you have acrylic nails, you must remove nail on index finger.

Bring you insurance/ medical cards to hospital with you.

You will need someone to drive you home.

Important: No aspirin, ibuprofen products prior to surgery.

If you patient is a minor, a parent or guardian MUST be present to sign the operative consent the day of surgery.

Quit smoking.

## What Should I Expect The Following Day After Surgery?

Report to the office: Any excessive pain, any rise in temperature over 100 degrees, chills, and excessive bleeding or drainage.

Take medications as directed. No aspirin or aspirin containing drugs for 2 weeks.

Pain medication should be taken every 4-6 hours as necessary to minimize discomfort. Avoid driving a vehicle or doing work requiring heavy concentration while taking medications. Alcohol should not be taken with pain pills.

Drink at least 8 oz. of fluids every 4 hours. No carbonated or caffeinated drinks for 24 hours.

A liquid or soft diet is generally necessary during the first 3-4 days post surgery.

REST is very important for the first several days post surgery. During the first 72 hours after surgery a family member or friend is generally needed to assist you with meals, bathroom and dressing changes.

You may elevate arms using several pillows. Slide you arm into the pillowcase to prevent movement. You also can lay down on the couch and elevated one arm at a time on the back portion of the couch.

Expect some drainage or pink stain on dressings. If bleeding increases, please notify our office.

## Post Surgical Care Instructions

You may have some bruising and some numbness postoperatively. The bruising can last several weeks.

There will be steri-strips over the incision, leave these in place.

There will an ace wrap on each arm, leave this in place unless you are showering. It should be replace as soon as you are dry and out of the shower.

Refrain from strenuous exercise or extreme motion of you upper arms

Swelling and healing will take at least 4-6 weeks.

Occasionally you may experience a small amount of drainage from the treated site immediately after the procedure. This drainage may appear bloody or clear. Usually this will stop by itself and you may change the dressing as needed.

It is important for you, as the patient, to be vigilant and responsible about you recovery.

Return to the office 1 week after surgery. Please call and schedule an appointment the follow day of your surgery.