

# **BRACHIOPLASTY (ARM LIFT) SURGERY**

## **Post-operative Instructions Following Arm Lift Surgery**

**Ramin A. Behmand, MD**  
**1776 Ygnacio Valley Road, Suite 108**  
**Walnut Creek, CA 94598**  
**(925)-939-9200**

### **Call the office immediately if you have:**

- A fever or temperature of 101 or higher
- Any unusual or painful swelling and redness
- Pain that is not relieved by your pain medication
- Any active bleeding soaking more than a 4x4 gauze
- Any purulent “pus like” drainage coming from the incision site

1. **Right after Surgery:** You will be released home shortly after surgery. You will need someone to drive you home and someone to help you for the first few days. If you have small children, arrange for help with the children for the first one to two weeks after surgery.
2. **Dressings:** Leave all dressings in place right after surgery. A compression garment will hold the surgical dressings in place until you are seen in our office for your first post-op appointment. We will do the first dressing change in the office and you will need minimal dressing changes after the first change. We will give your instructions if any further dressing change is needed.
3. **Showering:** You may gently sponge bathe for the first few days after surgery and you may shower regularly 4 days after surgery. You will require some assistance to remove the compression garments and getting into the shower. If you are not comfortable showering yet, please wait until your first post-op and dressing change in the office. During the first few days, you may become lightheaded when rising from a lying down position. Please do so slowly. You may also become lightheaded when you remove your garment. Have someone help you the first time.
4. **Eating:** Start with light and soft meals. As you get more comfortable, you may progress to regular food. Drinking fluids is very important after surgery; at least 1 quart a day (about a liter). Try to drink non-caffeinated fluids.
5. **Medications:** All your medications will be prescribed for you during your preoperative visit at our office. Please fill these prescriptions prior to your surgery. Take your medications as prescribed. Do not to take pain medication on an empty stomach; it can cause nausea. You only need to take the pain medication, if you have discomfort. Taper off the pain medication when your pain level starts to decrease during the first week.

6. **Activity Level:** Allow yourself to rest following surgery. It is fine for you to get up and use the restroom or to walk around inside your house. But, it is not fine for you to attempt exercising at any level until instructed to do so by Dr. Behmand. You may not do any type of household chores. Your range of motion should be limited as if your elbows were stuck to the side of your abdomen. Do not attempt to lift, push, pull or move anything during your recovery and up to 6 weeks following surgery.
7. **Swelling and Bruising:** Swelling and bruising tends to vary from person to person. Areas of liposuction tend to bruise more than other areas. Your swelling will be at its maximal level at around one week after surgery. You will begin to notice gradual decrease in swelling after this time. Bruising will often work its way into areas where you did not have surgery (such as chest and back) due to gravity. Many herbal supplements tend to have a worsening effect on bruising when taken before surgery. Please discuss any medications which you plan to take before surgery with Dr. Behmand during the preoperative visit.
8. **Driving:** Do not drive until one week after surgery and once you have discontinued taking your prescribed pain medication. If you are not comfortable driving at one week, please wait until you feel comfortable. Most patients require a ride to their first post op appointment and we request that you plan to do the same.
9. **Exercise:** Avoid exercise and aerobic activity for 6 weeks after Brachioplasty or arm lift surgery. Early and heavy activity can also cause excessive swelling and will slow the healing process. You should also avoid any lifting, pulling, bending, and fast movements during this time. Use a smaller handbag and ask for assistance with groceries, laundry, household chores, etc. Grocery delivery services are popular and helpful after surgery.
10. **Follow-up:** During your preoperative appointment, you will be given a printout detailing the dates and times for your surgery and your first postoperative follow-up appointment. This sheet will be in the black folder given to you at our office. If you are unsure of when your appointment is, please call the office so we can help you.
11. **24 Hour Answering Service:** If anything is urgently needed after 5 pm or over the weekend, please be aware that we do have a 24 hour answering service. You may call our regular office line at (925)939-9200 to reach the answering service for assistance.