

AUSTIN G. HAYES, M.D.
Board-Certified Plastic Surgeon

Postoperative Instructions – Brachioplasty (Arm Lift)

Be certain to read these instructions carefully prior to your surgery and follow them closely.

MEDICATIONS

Have all medications prescribed by Dr. Hayes filled prior to your surgery date.

The following medication(s) should be purchased over-the-counter and take regularly:

Miralax 17g	Once daily	x 5-7 days	STOOL SOFTENER
Tylenol 325-650mg	Every 4 Hours as needed	x 5-7 days	PAIN CONTROL

IMMEDIATELY AFTER SURGERY

- 2-hr nap on arrival home, then out of bed.
- Your garment will be applied during the surgery. If the garment feels too tight or is painful, contact Dr. Hayes.
- Pain Meds: Take Tylenol regularly and Oxycodone as needed for pain control.
- Do NOT apply ice to surgical area. The risk frostbite is too high.

GENERAL INSTRUCTIONS

- Contact Dr. Hayes immediately should you develop any sudden pain, swelling or fever.
- Leave Band-Aids in place. Dr. Hayes will remove in clinic.
- Do NOT drive if taking Oxycodone (narcotic pain medicine).

ACTIVITIES

- You have just undergone a major surgical operation. The only activity permitted for the first four weeks is walking, which you should do at least 3 times per day.
- Okay for gentle aerobic activity at 4 wks (keep heart rate below 100 beats per minute)
- Full cardio and chest exercises after 6 weeks.
- Do not drive if you are taking any pain medications or muscle relaxants.

INCISION CARE

- Keep Band-Aids in place. Dr. Hayes will remove them at your one week visit.

- It's common to have small amounts of fluid leak from under the band-aids. Use absorbent gauze as needed.
- You may shower two days after surgery. Band-aids can get wet.
- No tub soaking or swimming until cleared by Dr. Hayes.
- Inspect the skin around the Band-Aids daily for signs of infection (redness).
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, and keep incisions covered. If sun exposure is unavoidable use sunscreen with SPF 30 or greater. Put sunblock on incisions and allow it to dry BEFORE putting on your swimsuit.

APPEARANCE

- Your arms will be swollen (edema fluid) which will be greatest on the third postoperative day.
- Scars can be reddened for up to 6 months, after which point they will fade and soften.
- Some bruising can occur after your procedure, but the degree varies from patient to patient.

WHEN TO CALL

- If you have increased swelling or bruising, or sudden asymmetry.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish 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.
- If you have any concerns.

PLEASE CALL OUR OFFICE WITH ANY QUESTIONS OR CONCERNS: 503-748-0069