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## **Brachioplasty / Arm Lift: follow up appointment schedule and general care instructions**

Follow up appointments: 1 day, 1 week, 2 weeks, 1 month, 3 Months

### **Day 1**

First post op visit- Wound check and dressing change

### **Days 1-6**

Rest - Walk every 2-3 hours

Arms on pillows while resting, light activity, no arms overhead

Keep incisions dry, wash body with wash cloth

Keep arm garment/ support garment on continuously unless too tight or uncomfortable

Drain care as instructed

Take medications as directed

Post Op day 1-3 Begin Body Contouring Post Op Care\*\*\*

\*Call Dr. Stile if you notice any significant changes in appearance or experience increased discomfort

### **1 week**

Second post op visit- Wound check and dressing change

Support garment full time —adjust or replace if too tight

Drains removed

May shower after drains are removed, gentle soap and water on incisions - pat dry

### **2 weeks**

Third post op visit

Wash gently with soap and water on incisions - pat dry

Support garment during day — remove at bed time - adjust or replace if too tight

Continue Body Contouring Post Op Care\*\*\*

### **1 Month**

Fourth post op visit- wound check and dressing change as needed

May resume light exercise and arms over head (may feel tight)

May start scar gel or tape

Discontinue arm garment/ support garment end of week 4

May resume full exercise —advance as tolerated

### **3 Months**

Fifth post op visit- photos taken at this appointment



### **Arm-Lift / Brachioplasty General Care Instructions - expanded**

After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you may feel weak and drowsy. You may require help the first few times you get out of bed. You MUST get out of bed ever 2-3 hours and walk

It is important to be walking early and frequently, move your legs and ankles when in bed. Keep legs elevated, when in bed, for the first 2-3 days. Please don't cross your legs as this can increase the risk of blood clots. Please take deep breaths frequently to keep your lungs clear (15-20 per hour).

Do not smoke. This is very important.

A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.

If you have drains- empty and strip drains every 8 hours

Most people experience muscle soreness as opposed to sharp pains for about 5-7 days after surgery. Many patients say that the pain equivalent is to having an extremely hard work out and/ or skin sunburn. The pain is not sharp but more of an ache. The pain medication we have prescribed should relieve your discomfort. You may take the pain medication every 3-4 hours as needed for the first 2-3 days after surgery for the pain and discomfort. You may take the Xanax every 8 hours for the first 24-48 hours for anxiety, It is best to take pain medication with crackers, Jell-O, etc. Do not drink alcohol while taking pain medication.

It is important to refrain from any strenuous activities for 2 weeks after surgery. Keep your heart rate below 100 beats per minute. Gradually work to pre-surgical activities beginning slowly at the second week. Avoid strenuous activity and lifting of heavier objects for 3 weeks (keep heart rate below 100 beats per minute).

The support garment must be worn at all times for 4 weeks. You may remove it only to wash it or to shower, Showering can be resumed on the third day. Be sure that someone helps you remove the support garment the first time you take it off. Some people feel dizzy or light headed when it first comes off and this is normal. Sit or lay down for about 20 minutes.

Gentle massage to the surgical sites will help increase circulation and alleviate the hardness felt underneath the skin. Massage can begin 2-3 days after surgery. It is strongly suggested that all patients who have undergone body contouring procedures enroll and receive our recommended Lymphatic massage, Cavitation and/or Ultra-Sound therapy treatments specific for your surgery. See provided information sheet.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater for at least 6 months that has both UVA and UVB protection.

The body retains fluids in response to surgery so do not expect to see any immediate weight loss for the first 2-3 weeks. In the long run you will see more of a change in the way your clothes fit than a decrease in pounds.

Swelling and bruising are a normal expectation following surgery. Bruising could be apparent for as long as 3-4 months afterwards. The bruises will move down your body as they are absorbed.

It is normal to have an itching sensation and/ or numbness following surgery in the areas that underwent body contouring/arm-lift surgery. This will gradually subside over the next 2-3 months.

Massage therapy including lymphatic drainage and cavitation therapy can be beneficial following arm-lift surgery beginning 2-3 days after your procedure. Suggested therapy is 24 times per week for 3-4 weeks. This allows for enhanced lymph drainage and for enhanced resolution of the swelling associated with liposuction.

\*\* See body contour post op care sheets\*\*



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## Body Contouring Post Op Care

It is strongly suggested that all patients who have undergone body contouring procedures which include: Tummy Tuck (abdominoplasty), Lipo-Sculpture (liposuction), Brazilian Butt Lift, Thigh-lift and Arm-lift or any combination of these enroll and receive our recommended Lymphatic massage, Cavitation and/or Ultra-Sound therapy treatments specific for your surgery.

### **Lymphatic Drainage Massage / Drainage Therapy**

First two weeks post-op

Lymphatic massages begin within the first 2-3 days after most body contouring procedures.

Lymphatic drainage massage, also known as manual lymphatic drainage, relieves swelling that happens when a medical treatment such as surgery blocks your lymphatic system. This can result in swelling, induration and fluid retention in these areas.

Manual lymphatic drainage is a type of massage that will encourage the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart. The lymphatic system is 'the body's cleaning service'. It consists of vessels, nodes, and organs that work together to facilitate the proper flow of lymph, remove waste products from it, and direct the waste products to organs that are responsible for flushing them out of the body. If the lymphatic system is not working properly, lymphatic fluid, serum and toxins can build up in your tissues.

Lymphatic drainage massage involves gently manipulating specific areas of your body that have been contoured with surgery to help lymph move to an area with working lymph vessels. A lymphatic drainage massage is a technique that involves the use of long, gentle, and rhythmic strokes aimed at restoring the lymphatic system's optimal function that results in decreased discomfort, swelling and induration (hardening).

Lymphatic massage will help you achieve a smoother, less 'lumpy' result. 10-12 sessions are recommended

\$150 per individual session

10 session package \$1250

\*•You can receive up to 20% off if you have a Skin Pros skin care membership



### **Cavitation Therapy**

Starting week 3 (post op day 15)

We typically recommend a minimum of 4 sessions - maximum of 10 sessions

Cavitation therapy can begin in as little as 15 days after surgery. This will allow the lymphatic system to properly heal after surgery prior to beginning your cavitation treatments.

The 'cavitation effect' can help to soften indurated (hardened areas) and break down scar tissue and adhesions. It also helps to increase blood flow and the release of pain-relieving chemicals, such as endorphins and serotonin.

It has also been shown to be an effective non-surgical method of reducing cellulite and localized fat. This procedure involves applying pressure on fat cells through ultrasonic vibrations. The pressure is high enough to make the fat cells break down into a liquid form. The body can then get rid of it as waste through your urine.

The application of low frequency ultrasound eliminates fat cells, improves induration and reduces serum collections without damaging surrounding tissues. It gently breaks down fat cell membranes, allowing the release of its contents. Fats are then released by the body's lymphatic system.

Depending on the area being treated, 6- 8 sessions may be required to achieve optimal results.

Large area: abdomen - upper/lower, abdomen & flanks Inner/outer thighs, full back

\$275 per large area

Package of 4- \$1,000

Package of 8- \$2,000 plus one complimentary treatment with purchase of the package.

Medium area: Flanks, flanks & bra fat, upper arms

\$200 Per medium area

Package of 4- \$700

Package of 8 \$1,400 plus one complimentary treatment with purchase of package.

Small area: Lower face - Chin, Jawline, neck, forehead

\$125 Per area\*\*

Package of 4 -\$450 \*\*

Package of 8 -\$900 plus one complimentary treatment with purchase of package. \*\*\*

- We recommend that you have a minimum one treatment per week.
- For optimal results, we recommend you receive two treatments per week for four weeks.
- All appointments must be scheduled consecutively.
- For Best results, minimize intake of Simple Sugars & carbohydrates. Incorporating a 'clean diet' would be ideal to enhance your results. Drinking 2-4 glasses of water before the end of each treatment is recommended. Minimizing alcohol consumption until all treatments are completed will improve results as well.

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