



Arm Lift Recovery Guide

WITH DR. NICHOLAS WINGATE

Your Recovery Timeline

Your recovery journey is just as important as your procedure. Below is a general outline of your follow-up appointment schedule:

- Day 1: Initial post-op visit
- Week 1: Early healing check
- Week 4: Progress evaluation
- Week 12: Final stage follow-up

Before Surgery

To ensure optimal safety and outcomes:

- Avoid aspirin, ibuprofen (Advil), NSAIDs, fish oil, omega-3s, or other blood-thinning supplements for 10 days prior to your procedure, unless specifically approved by Dr. Wingate.
- Plan ahead for someone to drive you home and stay with you during your first few days of recovery.

What to Expect After Surgery

Work & Daily Activities

Most patients return to desk jobs within 1-2 weeks. Discomfort and swelling are expected but typically subside by two weeks. Most are cleared to return to the gym after 4-6 weeks.

Compression Garments

You will leave the surgical center wearing a compression garment. For best results, you should have two garments ready in advance - snug but comfortable to get on and off. We recommend wearing compression for 6 to 12 weeks post-surgery.

Discomfort

You may experience mild to moderate discomfort, especially if liposuction is included in your procedure. Dr. Wingate typically uses a local anesthetic during surgery that lasts 4-16 hours.

Please fill any prescribed medications before your surgery so they're available when you return home. Many patients transition to Tylenol and Advil by day two or three.

Surgical Drains

Drains may be placed to support your healing. If used, expect one per arm, typically removed in-office within 4-7 days. Detailed care instructions will be provided at your pre-op visit.

Showering & Bathing

- You may shower 2-3 days after surgery.
- No soaking in baths, hot tubs, or pools until cleared by Dr. Wingate.
- If you have drains, a lanyard or long necklace works well to clip them for hands-free showering.

Healing Expectations

Swelling and bruising are normal and should gradually resolve over the coming months.

The best way to support your recovery is to:

- Avoid overexertion for the first 4-6 weeks
- Wear compression garments consistently
- Engage with lymphatic massage as outlined by Dr. Wingate
- Stay well hydrated and follow all instructions provided by your care team

At Wingate Plastic Surgery, your comfort, healing, and satisfaction are our top priorities. If you have questions at any point during your recovery, please don't hesitate to reach out.