

Brachioplasty (Arm Lift) – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk every hour for 10 minutes.
- Avoid strenuous activity and keep heart rate below 100 bpm until cleared for six weeks.
- Avoid lifting more than 10 pounds for the recommended recovery period.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Incision & Garment Care

- Keep incisions clean and dry. Wash with soap and water. Keep covered with ABD pads. Apply garment.
- You can shower 48 hours after surgery.
- Wear compression garments as directed to reduce swelling and support healing for 6 weeks.
- Avoid direct sun exposure to incisions for at least 6 months.

When to Call the Office

- Fever greater than 101°F.
- Severe or increasing pain not relieved by medication.
- Sudden asymmetrical swelling.
- Redness, warmth, drainage, or signs of infection.

Arm Positioning

- Elevate arms on pillows while resting to reduce swelling.
- Avoid raising arms above shoulder level for 1–2 weeks.

Compression Garment

- Wear arm compression garments continuously for approximately 6 weeks.

Drain Care

- If drains are placed, record output as instructed.

Expected Recovery

- Swelling, tightness, and temporary numbness are common.
- Scar maturation may take several months.

- You can drive and return to work in 1 week. You can go on road trips in 2 weeks and fly on a plane in 4 weeks.