

Post-surgery Instructions after arm lift

AFTER SURGERY

1. Most patients are able to go home 1-2 days after surgery.
2. You will have a drain (tube with an attached bottle) on each side - they will be removed before you are discharged, usually when the drainage slows down.
3. The dressings will be checked, and if necessary changed, before you are discharged.
4. You will be given simple painkillers to take home.

AFTER DISCHARGE

1. Please wear the support garment day and night for the first four weeks. After this, wear it during the day for the next two months.
2. Keep the arms elevated above the level of your heart with pillows or cushions when sleeping or sitting up.
3. The dressings need to be kept dry, so avoid baths or long showers until you have been told that the wounds are completely healed.
4. Take simple painkillers (Paracetamol) as needed. Try to avoid painkillers containing Morphine or Codeine. Most patients do not need much painkillers.
5. You may find sleeping with 2-3 pillows and/or keeping 1-2 pillows or cushions under your knees more comfortable for the first two weeks.
6. Continue to wear the TED stockings (supplied by the hospital) until you are back to normal level of activities.
7. In case of any worries or problems, please ring the hospital ward straightaway.
8. To make or change a hospital appointment, please ring the outpatient clinic directly.
9. Please email me at anindyalahiri@hotmail.com for any non-urgent queries.

FURTHER APPOINTMENTS

1. You will be seen in the dressing clinic by the nurses (and usually by me as well) 5-7 days after the surgery. The dressing will be changed and tapes will be applied to the wound.
2. The stitches are usually dissolving and will not need removal.
3. The nurses will arrange to see you regularly until the wounds are completely healed.
4. I will see you at 6-8 weeks after surgery.
5. You will be given paper tapes (Micropore) to apply over the scars for the first three months. Change the tape only when it becomes loose.
6. After this period, gently massage the scars with moisturizing cream and avoid direct sunlight for six months.

SPORTS & ACTIVITIES

1. Avoid stretching the arms or any strenuous exercises or activities for the first 6 weeks.
2. Driving may be resumed after two weeks if you feel comfortable.
3. You can return to normal activities including exercising, jogging, lifting any heavy objects after 3 months.