

Brachioplasty (Arm Lift/Reduction) Information Sheet

PROCEDURE

Brachioplasty is a surgical procedure that improves contour of the upper arm. Soft tissue laxity that may occur with weight loss or natural aging can be removed, leaving a scar that runs from the armpit to the elbow.

PRE-OPERATIVE

Prior to booking surgery, you will need to decide who your support person will be. It is important that they are aware of the type of surgery you are having, that they are comfortable helping with incision care/are not "squeamish", and that they are available solely to you during your immediate recovery period (they should not have any other commitments). At the minimum, you cannot be left alone for the first 24 hours after surgery; however, you will also need help with personal care/hygiene, meals, household chores, etc. for several days. For patients with young children, additional support is required. We recommend two supports: one to care for you, and one to care for your children. We advise against driving until after you are seen in office postoperatively, as you cannot drive while taking pain medication, and your arm mobility will be affected.

After a surgical date has been confirmed, you will receive more specific information and a review of what you are required to complete before surgery. Once you have booked your date, please ensure you have the following supplies on hand:

- Stool Softener (i.e. Colace or Senokot) as pain medication may cause constipation
- Tylenol Extra Strength and ibuprofen 400 mg

You will be asked to stay at the Parkside Hotel (our building), for a minimum of one night (day of surgery). This enables us to monitor and help care for you after surgery. We recommend checking in the day before, if at all possible, to minimize stress on your surgical day. If this is not possible, you may request an early check-in, though this cannot be guaranteed. If checking in the day of surgery, your support person's name must then be on the reservation, as they will have to check in on your behalf. To book your stay at Parkside, please call: 1-855-616-3557, or visit our website. Please mention you are booking under the "clinic 805" rate, and they will give you a discount on your room.

Please ensure your nail polish is removed prior to surgery. If you have gel or acrylic nails, you **must** at the minimum have the polish from your left ring finger removed so you can be monitored during surgery.

DAY OF SURGERY

This procedure is done under a general anesthetic, so you will be required to fast after midnight the night before. You must be discharged from the clinic with a responsible adult (preferably the person who will be helping care for you after surgery). A prescription for pain medication will be provided if needed. Arrival time for surgery will not be provided to you until about 1-2 weeks prior, so it is important that both you and your support person do not have any other responsibilities that day.

POST-OPERATIVE & LONG-TERM FOLLOW-UP

Activities, positioning, dressings, pain management, and incision care will be reviewed by our clinic nurses. One of them will visit you at the hotel after surgery to help you get settled and teach you and your support person how to care for yourself once you are at home.

Dressings over your incisions are held in place with compression bandages initially. Small drainage tubes **may** be inserted during surgery. These drains will need to be emptied and the output recorded.

You will have limited use and range of motion of your arms for the first 7-10 days post-operatively while keeping your arms elevated, and will require assistance once home.

Once the drains are removed (if applicable) and the incisions are healed, you may be placed in a supportive garment (pressure sleeve). These are worn for 4–6 weeks. Our office nurse will see you in office 7–10 days after surgery, and as needed. You will likely have incision tape (called Prineo) over your incisions. This prineo tape is typically removed between 14- and 25-days post-surgery.

You must refrain from strenuous physical activity and heavy lifting (including lifting and carrying your children), for about six weeks after surgery. Most patients return to physical jobs and start to reincorporate physical activity around 4-6 weeks and gradually work up to their preoperative activity level.

Though rare, post-operative complications from any procedure are possible. These can include bleeding (hematoma), blood clots (PE or DVT), infection, asymmetry, contour abnormalities, delayed healing, and unsatisfactory scarring. Altered sensations (numbness, tingling, and/or hypersensitivity) are to be expected while you are healing, and can persist for several weeks or months. Our health care team follows you closely to recognize and treat any complications, should they arise.

As with any surgery, results cannot be guaranteed. The goal of cosmetic plastic surgery is improvement, and perfection is not attainable. Final results depend on many factors and healing can vary from patient to patient. It is important to remember to have patience during convalescence to allow your body time to recuperate and settle.

Dr. Robinson will see you approximately 6 weeks post-op and again around 6 months after your surgery to assess your result. Post-operative photographs are typically taken at this visit. If revisions are required, they would be discussed, and a surgical plan set up at this time.