**INSTRUCTIONS FOR PATIENTS AFTER ARM LIFT**

## WOUND CARE

* Expect to have some swelling, bruising and discomfort after the surgery.
* Your incisions may leak a little fluid for about 1-2 weeks. This will stop by itself.
* Your sutures are underneath the skin and will dissolve automatically. They do not need to be removed.
* Change your dressings as needed.
* You can take showers the day after surgery. Avoid rubbing on your incisions.
* Wear your pressure garment for 3-4 weeks to minimize swelling and reduce the chance of a fluid collection under the skin. It should be snug, but not so tight that it is uncomfortable.

**MEDICATIONS**

* Take your pain medications every 4-6 hours as needed.
* Take the prescribed antibiotics for 1 week.

**ACTIVITY**

* Avoid straining, doing any heavy work or lifting any heavy objects (max. of 5 lbs) for 4 weeks.

**CALL THE OFFICE**

* Call the office (853-5154) to make an appointment in 1 week.
* If you have an urgent problem before the appointment, go to the Emergency Room.
* If the problem is less urgent, please call my office; for example:
* your medications are not controlling the pain;
* you are concerned about the way your incisions are healing;
* you have an allergic reaction to the tape;
* you have a high fever.