



Facial, Plastic & Reconstructive Surgery

Brachioplasty Post-Operative Instructions

Please follow the General Instructions provided. In Addition:

After Surgery Care:

- **Recovery:** Generally uneventful.
- **Dressings:** You will have Steri-Strips and dressings with a compression garment over them.
- **Removing Dressings:** All dressings except Steri-Strips can be removed 48 hours after surgery. You can shower once the dressings are removed. Apply antibiotic ointment only on drain sites.
- **Drains:** Drains will stay in place until drainage is about 25 cc in a 24-hour period.
- **Compression Garment:** Wear it 24 hours a day, removing it only for showering or laundering. Wear it for 6-8 weeks.
- **Ice Packs:** Use on arms intermittently for the first 48 hours.
- **Elevation:** Use extra pillows to elevate arms when resting or sleeping.
- **Sutures:** They are dissolvable.

Showering After Surgery:

- **Timing:** Shower 2 days after surgery, then daily. Have an adult with you for the first shower.
- **Removing Bandages:** Remove compression garments and outer bandages (gauze) but leave Steri-Strips in place.
- **Showering:** Use soap and water as normal but avoid letting water beat directly on incisions. Rinse well and pat dry. Do not soak in a bathtub until your surgeon approves.
- **Bandages:** Apply light bandages after the first 2-3 showers. You don't need to cover incisions after a few days if there's no drainage, but you can if it's more comfortable.
- **Antibiotic Ointment:** Apply to drain sites twice daily, if appropriate.