

August Plastic Surgery Associates
Dr. Chris Ewart
Brachioplasty Post-operative Instructions

Activity: For the first 24 hours, rest is absolutely necessary. You will need to sleep on your back in a recliner if possible. Do not allow your arms to hang by your side. You will need to keep your arms elevated on pillows for the first few days. All arm movement should be limited for a few weeks after surgery until the incisions are well healed.

Dressing: You will need to wear the compression garment provided to cover your arms continuously for a couple weeks. Dr. Ewart will advise when it is okay to take this off.

Bathing: Do not get any of the treated areas wet until advised by your physician. You may take a bath from the waist down but should NOT shower until instructed by your physician. Keep in mind, you will need assistance to shampoo your hair. You should not wear deodorant until your physician has advised it is okay to do so.

Postoperative Office Visits: Your first appointment will usually be 3-5 days after surgery. Dr. Ewart let you know at this visit when you should make your next follow up appointment. Should you have any problems in between visits, please contact the office.

Driving: You can drive once you have stopped taking all prescription pain medication and feel comfortable with moving your arms to turn the steering wheel. This is usually within about one week.

Exercise: During your first postoperative week, activity should be kept to a minimum. Light exercise may begin in one week if the pain has subsided and the arms will not be used. Most patients can resume their normal exercise habits in four weeks. Any activity that increases pain should be stopped.

Complications: Complications are uncommon. If they do occur, they are treatable best if they are recognized and addressed immediately. Please contact us if you have foul smelling drainage, fever > 101° F and/or chills, an excessively swollen or tight arm, or pain that is not responding to medication.

Not all patients heal alike. If you have any questions or concerns during your recovery, please contact the office at 706-724-5611.