

As You Heal

Brachioplasty

- **Why are my elbows so swollen?** Swelling usually accumulates around the incision and gravity also pulls it down to that area. This is normal and will go away.
- **When will the puckering go away?** You may have puckering. Puckering is normal and will usually go away within three to six months.
- **When will the tightness in my arms go away?** You will feel tightness in your arms. Again, this is normal. Tightness will usually go away within three to six months.
- **What To Expect After Surgery:** The dressing around the arms may be extensive. You will need to protect the incisions after surgery. Limiting lifting is important. Elevation with pillows increases comfort.
- **Resumption of Physical Activities:** Patients are back to work two to three weeks after their procedure. Being careful not to lift heavy objects continues for two to six weeks after surgery.
- **Drains:** You will have surgical drains. Our staff will review with you how to care for them as well as how to record the output daily. Please total the 24-hour output for each individual drain separately. The amount of fluid draining in the tube over that time period will determine if they can be removed a week later. Please bring your output journal with you to your first postoperative visit.
- **Incisions:** You will either have surgical glue or tape over your incisions. You can get them wet 24 hours after surgery. You will need to unwrap your arms then re-wrap them after you shower.

Please call us with any concerns Monday-Friday 8:30am-5:00pm. Weekdays after 5 pm and weekends you will reach our answering service and will be directed to Dr. Brown if it is an emergency. Our office number is 480-947-2455.