**What to Expect: Brachioplasty Surgery (Arm Lift)**

**Procedure Details**

This is a cosmetic procedure to remove excess skin from the upper arms. The incision begins in the arm pit and extends to the elbow. Often, this scar is visible when wearing short sleeves. This is a cosmetic procedure and is not covered by your insurance company. Sometimes a drain is placed that will be removed 1 week after surgery.

* **Duration of surgery**: 2 hours
* **Hospital stay**: Day surgery

**Before Surgery**

You may be scheduled to undergo pre-operative testing with the Anesthesia team in the Weiner Center, where they will review your medications and medical problems. Do not eat or drink after midnight the evening before your surgery. You may take required medications with a sip of water. Call the Weiner Center at (617) 732-7484 with questions about your medications and when to stop them.

**After Surgery Care**

It is normal to feel tired and washed out after surgery. Often the pain medication and anesthetic will make you feel tired. Pace yourself according to how you feel. Total bed rest is not desirable – you should walk several times a day beginning the day after surgery.

* **Pain**: You will be given a prescription for a narcotic, such as Oxycodone. This medication may cause constipation, nausea and drowsiness. Do not consume this with alcohol or drive when taking this medication. You should take an over-the-counter stool softener (Colace or Senna) to prevent constipation. You may also take over-the-counter Tylenol or Ibuprofen for pain.
* **Numbness**: Your arms will be numb for several weeks to months.
* **Drains**: Sometimes a drain is placed at each arm. This is removed when the drain output is less than 20ml in 24 hours and will usually last one week.
* **Scars and stitches**: All dissolvable stitches. There will be skin glue overlying your incisions which will begin to flake off 2-3 weeks after surgery.
* **Compression Garments:** You will be placed in compression wraps at the end of the procedure to minimize swelling. You will remain in the garments for several weeks.
* **Activity:** Walking is important to reduce post-operative risks. No heavy exercise or heavy lifting for at least 4-6 weeks after surgery.
* **Bathing/Showering**: You may shower after surgery once drains are removed.
* **Driving**:You may resume driving when you are off all narcotic pain medication and feel comfortable turning quickly if there was an emergency.
* **Follow up**: Schedule a postoperative appointment with Dr. Talbot’s clinic 10 – 14 days after surgery. Call 617-732-4288 with any questions or concerns.