



Brachioplasty Post-Operative Instructions

Sutures

The incisions are closed with dissolvable sutures that run under the skin and do not require removal. They will dissolve naturally over a period of approximately 2 to 3 weeks, when the incisions are strong enough to support themselves.

Dressings

A transparent glue and tape dressing (**Prineo**[®]) is used, which is waterproof, and can be peeled off 2 to 3 weeks after surgery, when it starts to lift at the corners.

You can shower as soon as you like after surgery and do not require any dressing changes.

Occasionally patients can be allergic to the glue, which causes itching and a red rash. If you suspect you have an allergy to the dressing, then please contact us so we can replace the dressing with an alternative and provide you with a mild steroid cream.

Support garments

Compression garments help reduce swelling and shape the arms as they heal. I will apply the compression garments on you in theatre to reduce post-operative swelling.

You will need to wear your compression garments during the day for 4 to 6 weeks.

You will find that your hands will swell for a few days to weeks after surgery and you can help to resolve this by elevating your arms on a pillow whilst you are resting. If your hands are very swollen and the compression garments are digging in, then you should remove the garments and elevate your arms. You can restart wearing the garments when the swelling resolves.

Medication

During your surgery, I will use a long-acting local anaesthetic block around the nerves that supply your arms. This reduces any pain that you have for 72 hours after surgery, but you may need additional analgesia in the form of Tylenol and Ibuprofen. I will also prescribe Tramadol if you are in significant pain, however, as it is very strong medication, I only recommend taking it if you need to.



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You will be given antibiotics to take for 10 days after your surgery to reduce any risk of infection whilst the incision heals.

The medications should be given to you before you go home, so please check with the nurse if you do not receive anything.

The hospital will provide you with TED garments to wear during and after your surgery to reduce the risk of a DVT in your legs. It is recommended that you continue to wear them until you are fully mobile.

You may also be given anticoagulants to take if you are at a higher risk of a DVT or PE, although most patients do not require this.

Scar advice

Once the dressings are removed, I recommend that you massage the incisions, using small circular motions at least twice a day for 5 minutes. You can use any moisturising cream of your choice and apply firm pressure until it blanches.

The scars will also benefit from silicone scar gel (ScarAway® or Kelo-Cote®) twice a day, which will soften and fade them, as well as applying sunblock for 12 months to provide sun protection.

The ScarAway® can be purchased from Healthcare Pharmacy at Governors Square in Grand Cayman.

Follow up

Before you are discharged from hospital, you will be given a follow up appointment to see the nurse one week post-operatively.

I normally see you in clinic 2 weeks following your procedure, but if you have any problems, I will review you earlier.

You should also be given contact numbers in the event of any problems. If you have any questions or concerns about your recovery, please do not hesitate to contact or email me and I will endeavour to respond to you the same day.



Anne Dancey
PLASTIC SURGERY

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If it is more urgent, please contact the clinic/hospital. In the unlikely event of an emergency, you must visit your closest Emergency Department.



I hope you find this information useful. If you have any questions or require a little more information, then please do not hesitate to contact me.

Anne Dancey

Dr Anne Dancey

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