

AFTER YOUR BRACHIOPLASTY SURGERY

- Your incisions will be closed with absorbable sutures and covered with either brown hypoallergenic or dermabond tape.
- Gauze will be placed over the incisions and you will be placed in compression sleeves. It is normal to have some drainage on the compressions garments for several days post-operatively.
- Keep your arms elevated on two pillows with elbows straight as much as possible for the first week after surgery. You may bend your elbows to eat, wash, and brush your teeth, etc. **Do not apply cold or heat to surgery sites.**
- Leave all dressings in place until your first post-operative visit. This should be one week after your surgery. Please call the office to make an appointment.
- After your post-operative visit, you may remove your compressions sleeves and gauze to shower. Leave the tape on your incisions. After your shower, pat incisions dry and replace your compression garments. The garments may be placed in the washer and dryer. If there are small areas that are leaking fluid on the incision sites, please cover these with gauze and change the gauze as needed.
- Swelling, bruising, and discoloration are normal.
- When the incisions have healed, usually at 2-4 weeks after surgery, you will be instructed on scar management with scar cream and massage. The scars on the arms are always visible; the goal is to make them as inconspicuous as possible.
- The scars will initially be red, thick, and raised. They will gradually fade and soften over time. It is important to keep the scars out of the direct sunlight for the first year. A SPF 50 sunscreen is available for purchase at our office.
- Laser treatment to improve scarring may be started 6 weeks after surgery.

Marisa Lawrence MD

404-303-7004