

Post-Operative Instructions: Arm lift procedures

Thank you for choosing Pall Mall Medical to have your operation. This leaflet contains important information about what to expect after your surgery and advice about aftercare and follow up. Please read it carefully.

What to expect following your surgery:

Following your surgery, it is quite normal to feel some minor pain and discomfort. Your surgeon will numb the area and administer plenty of pain relief before you wake up so your pain should always be minimal. During your recovery staff will give you pain relief and medication as required. You will also be supplied with medication to take home with you when you are discharged.

You can usually have some oral fluids almost immediately after your operation. Light food can be taken soon afterwards. As soon as you are comfortable you will be able to move out of bed. You should be walking and have passed urine before you go home.

If you have had general anaesthesia or sedation, this can temporarily affect your co-ordination and reasoning skills. It is strongly advised that you must not drive, drink alcohol, operate machinery or sign legal documents for 48 hours afterwards.

What are the risks and side effects for arm lift surgery?

You might feel tired or drowsy for the first few hours - this is related to the anaesthetic and medication given for the surgery. You will have some pain and discomfort for the first few days - taking regular painkillers will help.

The wound site may remain tender for a few days and bleeding may continue. There is a possibility of wound infection as with any wound. Ensure to keep your dressings clean and dry and contact your nurse should you have any concerns.

Going home:

Going home after general anaesthetic or sedation, you should have arranged to have someone drive you home.

If you have had local anaesthetic only, then it is still recommended that, if possible, you arrange for someone else to drive you home. If you need us to book you a taxi or call someone, then please ask a member of staff who will be happy to help.

Try to have a friend or relative stay with you for the first 24 hours after your operation. You may need to take some medicines home with you. The nurse will arrange this for you but do please ask if you have any queries about your medication. Before going home, you will be given details of any follow up arrangements.

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Driving:

- You should not drive yourself home or drive for a minimum 2 weeks following your surgery. You must be able to do an emergency stop safely without causing discomfort and be able to turn adequately to see blind spots.
- If you are in doubt about driving, contact your motor insurer so that you are aware of their recommendations, and always follow your surgeon's advice.

Activity:

- Limit your activities for the first week to avoid unnecessary bleeding. However, do not remain immobile due to the risk of deep vein thrombosis- keep stockings on until you have returned to your normal mobility.
- Do not engage in any strenuous activity during the first few weeks after your surgery. Be sure to avoid vigorous or excessive stretching or lifting for 4-6 weeks.

Dressings:

- Leave dressings intact until they are removed in clinic.
- Leave all dressings alone unless told otherwise by your nurse or surgeon. Every patient heals differently, and you might find you bleed and require your dressings changed sooner than your follow up appointment.
- Please contact your clinic where staff will be happy to change your dressings earlier if required
- You will usually have dissolvable sutures in place- these will dissolve 1-2 weeks following surgery. It is common to have some blood strike through onto the dressings but if it appears fully soaked or leaking through, please contact your clinic for an early dressing change.
- Avoid getting the wound wet until all the dressings are removed. After they have been removed only shower- avoid soaking your wound in the bath for 6-8 weeks post operatively.

Aftercare:

- Wear your binder at all times for the weeks following surgery- this will help with swelling and aid recovery resulting in a better finished result
- Wear loose and comfortable clothing that will not rub on your incision or be too tight over the wound site.
- **Follow your surgeon's advice on how long you should take off of work.** This should be a minimal of 1-2 weeks dependent upon on your job.
- If you notice any undue swelling, pain, bleeding, fever or discharge from your wounds please contact your clinic.
- Do not apply anything on to your scars unless advised by your own surgeon.

Smoking:

- Avoid smoking and using any nicotine products during your recovery and this will affect your body's ability to recover and can delay wound healing.

Medication:

- Please inform staff if you take any other medications to minimise the risk of contraindications.
- Complete the full course of antibiotics if prescribed.
- Take your painkillers as prescribed- try to take regularly for the first few days- avoid any aspirin containing drugs as they will thin the blood and increase the bleeding risk. Your normal bowel action may be disrupted following surgery- you may take a mild over the counter laxative if required.

Good nutrition:

- Fluids are critical following surgery. Stick with a light nutritious diet for the first 24- 48 hours. Following your surgery, it is important to eat foods high in protein and full of vitamins and minerals to help aid the healing process.

Emergency care:

We have a dedicated nurse on call team, you should contact them immediately if you experience any of the following:

- A high fever, (over 38c)
- Severe nausea and vomiting
- Continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Excessive bleeding leading to your dressings leaking

Details can be located in the useful contact number section below.

Patient Information Leaflet

Section to be completed by Ward team:

Patient Name / Insert patient sticker:		
Follow up appointment:	Date & Time	
Looking after you today:		
Useful numbers / contact information		
For Clinical assistance or aftercare information	8am-8pm: Ward nursing team	0161 509 5770
	Out of hours (8pm-8am): Emergency nurse on call	0778 086 9607
General enquiries		0330 058 4455
Reschedule / arrange a post op appointment or to contact an aftercare coordinator	Patientexperienceteam@pallmallmedical.co.uk 03300 58 44 55 – select option 2 and then option 4	
Webpage:	www.pallmallmedical.co.uk/cosmetics/your-care-aftercare/	
Feedback:	https://bit.ly/pmm-feedback	