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AESTHETIC CENTER AT WOODHOLME

## Brachioplasty

### Post-operative Instructions

#### Activity:

- Walking is encouraged as soon as possible after surgery.
- No heavy lifting (>5lbs) or strenuous exercise for 4 weeks after surgery.
- Do not raise your arms above your head (>90 degrees) for 4 weeks.
- Wear your leg compression devices whenever you are not up and moving around during your recovery period, including when you are sleeping at night.

#### Dressing and Showering:

- You may remove your compression garment to shower 24 hours after surgery. No baths/soaking/swimming for 2 weeks after surgery.
- Wear a compression garment at all times except when showering for the first 4 weeks.

**Call the office at (410) 486-3400 if you experience: increased pain, swelling, redness at surgical sites, pus draining from wound, or fever above 101.5F.**

#### Return to office for follow-up appointments on:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (1 Week)

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (2 Week)

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (4 week)

\_\_\_\_ Post-operative instructions have been reviewed with me.

\_\_\_\_ I have received a copy of these instructions.

\_\_\_\_\_  
Nurse

\_\_\_\_\_  
Physician

\_\_\_\_\_  
Patient or responsible party

\_\_\_\_\_  
Relationship to patient