



**Minnetonka:** 15450 Highway 7 Suite 225

**Edina:** 3300 Edinborough Way Suite 470  
612-424-2767

[www.echelonspecialists.com](http://www.echelonspecialists.com)  
[info@echelonspecialists.com](mailto:info@echelonspecialists.com)

### **Brachioplasty Aftercare Instructions**

- After surgery, you will have ace wraps on your arms that are meant to reduce swelling. However, these will also limit your mobility. It would be best that you have someone at home to help you get around the house for the first 3 days. Do not drive for 7-10 days. Please wear your ace wraps continuously for 14 days. You can take it off to shower per Dr. Camp's instructions.
- It is important to move, but only lift your arms less than 90 degrees at the shoulder for the first 10-14 days to minimize tension on the suture line. Sleep with your arms on 2-3 pillows to minimize swelling. This will improve the quality of your scar.
- After your surgery, start with a liquid diet and then progress to a regular diet. Make sure to eat a light snack when you take the pain pills, as they can cause nausea if taken on an empty stomach.
- You will have skin tape on your incisions for 3 weeks. Do not peel off this tape. It is helping you have a thin scar. It will come off after a few weeks as the adhesive degrades. You can shower with this on your incision sites.
- After the tape is removed one 50 gram tube of Biocorneum scar gel will be provided to maximize wound healing beginning at week 3. This is to be applied twice daily to the scar for 3 months.
- Keep your drainage bulbs collapsed and please record time and amounts of drainage over each 24-hour period. All patients heal differently according to many factors. Dr. Camp will make the decisions regarding drain removal and necessity of office visits. (Generally the drains will be removed when the drainage is 30cc or less in a 24-hour period, which usually occurs in 5-7 days.)
- Do not lift anything heavier than 10 lbs for 3 weeks. It is good to be up and about to stretch your legs, but keep your heart rate under 100 beats per minute for 3 weeks. Do not run, lift weights, play tennis, or golf for 3-4 weeks. You may begin swimming 4 weeks post-operatively.

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## **WHAT TO EXPECT AFTER SURGERY**

Moderate swelling of your arms is to be expected. You may find that your clothes may not fit as easily as before. Be patient. The swelling will gradually subside and you will be back to normal in 3 to 6 months.

Because of the removal of tissue from your arms, there is a certain amount of tightness that is to be expected. This will slowly relax within 6 months.

Infrequently after surgery, you may have fluid in the arms after the drains are removed. If this happens, please contact our office, as Dr. Camp will want to see you to remove the fluid.

**If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites please text Dr. Camp immediately 612-208-4179.**

It is important to be seen by Dr. Camp after your initial post-op checks. He will see you in follow-up appointments on the day after surgery, and then at 1 week and 3 weeks post op. These appointments were scheduled for you when you booked surgery. We will work with you to schedule additional followup appointments as needed.

## **IF YOU HAVE ANY URGENT QUESTIONS, PLEASE TEXT DR. CAMP**

If you suspect you have an infection or a fluid collection, please text Dr Camp 612-208-4179.

**If you have general questions about your recovery, please contact our office 612-424-2767 or [scheduling@echelonspecialists.com](mailto:scheduling@echelonspecialists.com)**