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## **POST OPERATIVE INSTRUCTIONS**

### **ARM LIFT**

- Keep the compression bandages on and keep the area clean and dry until the first post-operative visit.
- Keep your arms elevated as much as possible for the first couple of weeks, using pillows and cushions. This will reduce the swelling and help the swelling to go away as fast as possible.
- It is normal for some fluid to leak out of the incision sites in the first few days – this may leak out under the bandages – although it should be less as time goes on.
- You may shower as long as you keep the compression bandages dry. It can be difficult to bend your elbows at the start so you may need help showering.
- Strong pain relief medications will be prescribed - take these regularly. These medications work more effectively if taken regularly in a preventative manner. Paracetamol for pain relief can also be taken and continued every 4 hours as required. DO NOT take medications containing Aspirin, non-steroidals (NSAIDs) eg. Nurofen or Ibuprofen in the first few days if you have had liposuction as these will cause more bruising or bleeding.
- Most strong pain medications make you constipated, so make sure to drink plenty of water and have a high fibre diet.
- Take the antibiotics you have been prescribed as directed.
- Rest as much as possible following surgery though gentle exercise like walking is advised even if it is just around your home.
- After the dressings are changed at the postop visit you will need to wear a double layer of Tubigrip on your upper arms for a few weeks to help the swelling go down. These can be obtained from the hospital or some chemists. These should be tight and worn at all times except when showering.
- Creams such as Hirudoid and Arnica are safe to use around the wound to help minimize bruising.
- As the swelling goes down you may feel firm areas (this is bruising/swelling). These areas should be massaged firmly for a few minutes 5-6 times a day. This will be a little sensitive at first, but the massage will help both the firmness and the sensitivity go away sooner.
- Feelings of numbness, tightness and/or “tingling” sensation is normal after surgery.
- The suture lines should be taped for 3 months after surgery to help minimize scarring and to give support to the area – use Micropore (available at any chemist) or the white tape (eg Fixomull) given to you by Dr Cope
- No heavy lifting, sport or exercise for up to 3-4 weeks after surgery.

***If there is excessive bleeding, pain or discharge then please contact the rooms on 9307 2888 or in the case of an emergency contact Dr Cope on 0412 675 741***