

Arm Lift Surgery Aftercare Guidelines

Surgery Date: _____	<u>First Night</u> Date:	<u>Following Day</u> Date:	<u>3-5 Days 1st</u> <u>Post op Visit</u> Date:	<u>7-10 Days 2nd</u> <u>Post op Visit</u> Date:	<u>2 Weeks Post op</u> Date:	<u>3 Weeks Post op</u> Date:	<u>4-6 Weeks Post op</u> Date:	<u>8 Weeks Post-op</u> Date:	<u>12 Weeks Post-op</u> Date:
Sleep in a reclined position					X				
Medications- take as directed					X				
Soft Diet and liquids		X							
Stool softener/High Fiber foods					X				
Leave on all dressing/Ace Bandage dressing						X			
Surgical Stockings				X					
Emotional ups & downs	X	X	X	X	X	X	X	X	X
Hands/elbows elevated w/pillow to support					X				
Driving-(when completely off all medications and can react to an emergency)						X			
Shower (Sponge Bathing)			X						
Steri Strip Removal					X				
Can get incision line wet							X		
Start to wear compression sleeves					X				
Lower body exercise – low impact					X				
Mild lifting/upper body exercise mild									X
Alcohol Beverages							X		
Herbal Supplements/Dietary Supplements						X			
Ocean, pool, or Jacuzzi water									X
Drains					X				
Silicone Sheeting							X		
Moving the feet back and forth					X				
Suture Removal					X				
Compression sleeves used for about								X	