



Dr. Avi Islur Surgery

Arm Lift/Brachioplasty Post Operative Care Instructions

Rest + Relaxation

- When resting, lie preferably on your back with your arms straight or slightly bent at the elbow and elevated on a pillow
- It is okay to lie on your side with your elbows slightly bent.
- Take 10 big deep breaths every hour while awake for
- Make sure you walk as much as possible

Exercises and Arm Movements

- Do not fully extend your arms above your head; at 2 weeks start to perform "wall walks" with your fingers on a wall. When you feel a stretch stop. Increase your range of motion every day until you are able to fully stretch above your head
- Move your fingers and wrist fully
- It is ok to bend your elbow but do not bend more than 110 degrees at the elbow for two weeks

Washing + Wound Care

- Remove all loose dressings 72 hours after surgery or once drains removed. Leave tape that is applied to your skin intact until it falls off or is easy to peel off.
- It is ok to shower all non-operated sites 24 hours after surgery.
- You can shower your arms 3 days after your surgery.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Do not soak surgical sites
- No baths, pools, hot tubs, or lake water for 6 weeks.
- Apply Polysporin (original ointment) to your incision lines 2x a day once steri-strips are removed.
- Wear your compressive garments (if instructed) for 3-4 weeks
- Make sure drains are not tangled under compression garment
- Bleeding from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel.

Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.

Two Weeks After Surgery

- Begin to massage your incisions with body lotion, BioOil or scar cream. Do not use 100% vitamin E.
- Massage any areas where liposuction was performed to soften tissue.
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

Drain Care

- If drains have been placed, please contact clinic location where you saw Dr. Islur to have drains removed 48-72 hours following surgery
- When drains are removed a small amount of yellow/pink/ blood tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto drain site daily and cover with gauze or a feminine hygiene pad.
- Drain site will close in 3 to 7 days
- If drainage persists or is predominantly fresh blood go to your nearest emergency department and contact Dr. Islur.

Follow Up Care

Dr. Islur will let you know which location to visit for your in office follow up appointments.

The First Glance Aesthetic Clinic tel: 204-885-1569

St. Boniface Hospital ACF Clinic tel: 204-237-2290

St. Boniface Clinic tel: 204-925-9559

After Surgery Care

For general inquiries/questions email info@drislur.ca or speak to one of the clinic staff members.

Weekday Care (8 am to 5 pm)

If there is a concern about your surgery or your healing please call the clinic where you saw Dr. Islur and ask to speak to the nurse or leave a voice message: please state your name, the date of your operation, the procedure you had performed, your concern, and a return phone number.

Weekend and After Hour Care

If on weekends, after hours, or an emergency, please call 204-237-2053 and ask to speak with Dr. Islur or the plastic surgery resident on call.