



Anne Dancey
PLASTIC SURGERY

Post-Operation Instructions for Brachioplasty Patients

Sutures

The incision is closed with a dissolvable suture that runs under the skin and does not require removal. You will not be able to see the suture. There may be several supporting dissolvable sutures which will simply fall out after 2-3 weeks.

Dressings

I use a Prineo dressing. This is a tape sealed on with glue, which helps support the wound as it heals. It is also waterproof and you can wash as if it wasn't there. The 'glue and tape' dressing will peel off after 3 weeks to leave a healed wound. The nurse can remove this in clinic or you can do it yourself at home if you prefer.

Compression garments

Your arms will be measured after surgery and the correct size compression garment will be put on you in the operating theatre, so you will wake up in it. The nurses will change your compression to a new garment before you leave the hospital. The spare one will be washed and given back to you. Please wear the compression day and night for 4-6 weeks. You can remove it to wash and then replace it when you are finished. You will find that your hands swell for a few days after surgery and you can help the swelling resolve by elevating your hands on a pillow whilst you are resting.

Medication

The hospital will discharge you with analgesia and antibiotics. The antibiotic course is for 5 days.

Follow up

Before you are discharged from hospital you should be given a follow up appointment with the nurse after 1 week. I normally see you in clinic between 4 and 6 weeks, although I will see you sooner if you have any problems. You should also be given some contact numbers in the event of any problem. If you have any questions or concerns about your recovery, please do not hesitate to email me (anne@annedancey.co.uk) and I will endeavour to get an answer to you the same day. Obviously, if it is more urgent then please contact the ward or clinic on the hospital numbers you will be provided with. In the unlikely event of an emergency, you must phone the hospital or visit your closest NHS Accident and Emergency (A&E) Department.



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I hope you find this information useful. If you have any questions or require a little more information then please do not hesitate to [contact me](#).

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Plastic and Reconstructive Surgeon