This is the advice sheet if you have just left hospital after having brachioplasty surgery.

After surgery your pain and discomfort will gradually reduce over the first few weeks.

You may have a headache, feel a bit sick or feel down for the first few days; this is common after an anaesthetic.

Regular gentle exercise should be possible by three weeks. This includes walking, swimming and cycling.

By six weeks you should be able to return to full normal exercise.

You will tire quickly for up to 12 weeks and should rest when tired.

**DO's and DON'Ts**

**DO** have someone at home to help for the first few days until you are happy you can self-care.

**DO** keep all appointments. You should be given appointments at 1 week and 1, 3, 6 and 12 months. If you don't receive and appointment please contact Jo on 01636 819298, Karen at the Park Hospital on 0115 966 2063 or BMI Lincoln appointments on 01522 574703.

**DO** take enough pain killers to keep comfortable. Take 1g Paracetamol every 6 hours in the first week and tramadol / codeine as required. After the first week take all pain killers as required paracetamol first then a stronger pain killer if required.

**DO** keep your dressings dry in the first week by only taking a shallow bath and flannel washing.

**DO** move around for time to time and have a few deep breaths and cough every hour you are awake for the first few days.

**DO** contact the hospital on 0115 966 2091 if you have any worries or concerns. I will call you back and advise you.

**DO** keep the compressive garment on all the time in the first 3 weeks and as much as is possible for the next 3 weeks.

**DON'T** lift your arms high above your head or make movements with your arms that make the wounds feel tight.

**Things to watch out for:**

Swelling
Redness or any obvious change in skin colour
Discharge
Sweating, Shivering, Shaking
Having a raised (more than 37.2C) temperature
Increasing pain
Numbness/ Pins and needles in your hands
Difficulty breathing
Pain or swelling in your legs
Opening of Wounds
Blistering

**Remember:- If you have any concerns please call 0115 9662091**