



ARM LIFT

PRE OP ADVICE

The medication given to you from your anaesthetic will be having an effect for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. You should not stay alone, drive a car, operate machinery, power tools, drink alcohol, make important decisions or sign legal documents.

Eat a light diet following surgery. If you experience any nausea, drink fluids that are clear and high in sugar.

Activity:

- Be sure to get plenty of rest to allow your body to recuperate. It is important that you get up and walk around in your house at least every 2 hours during the day to minimise any chance of a blood clot.
- It is best to rest in an upright position for comfort and to decrease swelling. You can either rest in a recliner or in bed with 2-3 pillows behind your back and pillows under your arms.
- Use your elbows as needed, but do not put extra stress on your shoulders. Keep a fluffy towel folded and tucked under your armpit.
- Do not lift anything greater than 10 pounds for 2 weeks.
- Avoid raising your arms over shoulder level, or pushing or pulling anything for the first 2 weeks. (You may do your hair).
- Avoid any aerobic type of activity or strenuous exercise for 4-6 weeks.
- You may drive after 1 week if you are not still taking strong pain medicine.
- You can return to work within 1-2 weeks as long as you have a job that does not involve heavy lifting.
- Roll each arm with tubigrip starting from the knuckles to the armpits for compression. Wear compression 24 hours a day except when showering.

Wound Care

The day after your surgery, shower. Remove your Garment or tubigrip roll to shower. Keep your dressings intact. A small spotting of blood or fluid onto the dressings is normal at this stage. Unless the dressings are wet, please leave them intact until day 2 or 3. Usually you will have been supplied a spare set to change after 2-3 days. Do this before showering, clean the wounds, pad dry and redress.

The type of dressing you have after surgery may vary at your doctor's discretion, based on your procedure, or skin sensitivity.

If you develop any scabs or crusts along your incision when there is no steri-strip in place, take a warm wet wash cloth, soak it on your incision for 5-10 minutes, it will soften the scabs/crusts and gently clean them away.

DO NOT use a bath , hot tub, swimming pool for 2 weeks.

No smoking or second hand smoke. Nicotine has a high chance of causing wound breakdown, scar problems or even tissue/skin loss.

When to call the Doctor:

- -If you experience any signs of infection, fever redness/heat, green or smelly drainage.
- -If you have any problems call our office on 0161 374 0879
- If it is after hours, call the hospital.

Follow up:

Your follow up appointment will be made ahead of time, for one week post op following your surgery date. Some stitches may be removed at this time although typically the stitches used are dissolvable.

If you are having any problems or concerns, the best thing to do is send a photo either with the dressings removed or dressings intact. This will usually give us all the information we need and allow us to plan any intervention should it be necessary.

We'll guide you through your
treatment with us



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