



ARM LIFT POST-OPERATIVE CARE INSTRUCTIONS

Wound Care & Dressing

- Your dressings must stay clean, dry, and intact until your scheduled change at the clinic
- Do not touch or change the dressings yourself unless instructed
- If the dressing becomes soaked, loose, or falls off, contact the clinic to arrange a dressing appointment

Compression Garments

- Wear your arm compression garments 24 hours a day, 7 days a week, unless advised otherwise
- Only remove briefly for showering after clearance is given
- Keep garments clean; we recommend hand-washing and air - drying

Showering

- You may shower only after drains are removed and clearance is given (usually within the first few days)
- Use mild soap and lukewarm water
- Gently pat dry with a clean towel or sterile gauze, do not rub the incisions

Medications

- Take prescribed medication as directed



Scar & Skin Care

- After sutures are removed:
- Begin lymphatic drainage massage if recommended (usually 2-3 times per week, minimum 10 sessions). Only start once cleared by the doctor
- Apply scar treatment products as instructed:
 - Then silicone gel and sheets after gel is dry
- Protect all scars from direct sun exposure for at least 12 months

Expected Recovery

- Bruising, swelling, and a feeling of tightness are normal in the first weeks
- You may apply arnica gel on the bruised skin (not on the wound) to support faster bruise recovery
- Final results may take 3 - 6 months to settle as swelling subsides
- Some discomfort may occur initially and usually improves with healing

Activity & Positioning

- When lying down or sitting, keep your arms comfortably supported on elevated pillows to reduce swelling and improve circulation
- Do not let your arms hang unsupported by your sides for long periods
- Gentle walking is encouraged from the first day to support circulation
- Using your arms for routine, low-effort daily activities (such as eating, writing, or light self-care is encouraged to keep lymphatic circulation active and prevent swelling or muscle pain from immobility)
- Avoid lifting, stretching, or carrying anything heavy for at least 3-4 weeks
- Avoid raising your arms above shoulder level until cleared by the doctor

Follow-Up Schedule

- First dressing: 24 hours - 48 hours after the procedure, for wound dressing at the clinic
- First week and second weeks: every 2–3 days for wound checks/dressings at the clinic
- Minimum Follow ups with Dr. Dora:
 - 1st week from surgery
 - 2nd week from surgery
 - 1 month from surgery
 - 3 months from surgery
 - 6 months
 - Annually

Lifestyle Guidance SOMA Protocol

- Stay hydrated and eat a low-inflammatory diet rich in lean protein, vegetables, and omega-3s
- Avoid smoking, vaping, or nicotine in any form, this compromises healing
- Avoid alcohol for at least 2 weeks.
- Take recommended supplements for healing and recovery
- Avoid sugar to reduced inflammation and better healing



Warning Signs

- Sudden or increasing swelling in one arm
- Severe pain not relieved by medication
- Redness, warmth, foul odor, or pus from the incision
- High fever ($>38.2^{\circ}\text{C}$)
- Shortness of breath or chest pain, or any other newly appearing symptom that worries you

Important

- These are general guidelines. The doctor may modify or change instructions depending on your healing progress

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