baldwin plastic surgery

2403 Loy Drive Suite 202, Lafayette, IN 47909

765.838.2119

ARM LIFT

**Day of Surgery**

* Arrive at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Surgical Center at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* You will need to have a responsible adult to take you home from the surgery center. You will not be able to drive yourself home. We do not allow you to use public transportation or a taxi service following surgery.
* Please wear loose fitting clothing for ease in re-dressing after surgery.
* **DO NOT EAT OR DRINK anything for at least 8 hours before surgery. This is very important. Doing so could result in your surgery being cancelled.**

**After Surgery**

* After surgery, your arms will be wrapped in ace wraps, over a surgical dressing of gauze and paper tape. These are to be left in place for the first 48 hours. As your arms will swell after surgery, the ace wraps may feel too tight. You may loosen them or unwrap them and reapply them more loosely if needed. If your hands get tingly or numb, they are too tight.
* You may shower 48 hours after surgery. Before getting in the shower, remove the Ace wraps, along with the gauze and tape dressing. Under this dressing, white tapes (steri-strips) will be visible on your incisions. You may get these tapes wet. They are there to protect your incisions and should be left in place as long as possible. We will evaluate and replace them if necessary at your post-op visits. Keep your shower short and not really hot, to avoid getting light-headed in the shower.
* Reapply the ace wraps again after showering. Do not take a bath or submerge the arm incisions under water for at least two weeks after surgery.
* Your forearms and hands will swell during the first week after surgery. This is normal and will return to normal 10 to14 days after surgery. This is due to the new tightness of the upper arms and the constrictive nature of the ace wraps. It may be helpful to keep your arms elevated on pillows to minimize swelling.
* You are to continue wearing the ace wraps on the arms for at least two weeks after surgery.
* Numbness of the upper arm around the incisions is normal. Feeling will eventually return, but it may take up to six months after surgery for the skin to feel normal.
* Avoid exercise and strenuous use of your arms for four weeks after surgery.
* You may drive when you are reasonably comfortable and are off pain medication. The issue is simply one of safety, both to you and others while operating a car. Usually, this is within 2 weeks, but should be discussed with Dr. Baldwin.

|  |
| --- |
|  |

Dr. Baldwin and his fully experienced plastic surgery staff are devoted to providing top quality care for their plastic surgery patients. Utilizing safe and proven techniques and technologies, Dr. Baldwin is able to help his patients achieve pleasing results. The safety, comfort and satisfaction of his patients are Dr. Baldwin’s primary concerns and he makes every effort to try to ensure that their experiences are positive ones.

James D. (Sam) Baldwin

2403 Loy Drive Suite 202, Lafayette, IN 47909