



# INLAND INSTITUTE

ORAL AND MAXILLO-FACIAL SURGERY  
COSMETIC SURGERY

1333 E. Foothill Boulevard, Suite 1 ❖ Upland, CA 91786

Phone (909) 982-8888

## Arm Reduction

**Dressings** - Starting the first operative day, wear your support garment full time for the first three weeks and half time for the following three weeks. You should loosen the garment a few times daily to be sure that the skin is not folded or creased in an unnatural position. You should take your garments off and shower daily. Lather the tape with soap and water. Do not submerge the incisions in water. The tape can be dried by blotting with a dry towel or by using a hairdryer at a low setting (do not use the heat setting). Your garment should be washed and dried daily to avoid infection. We will remove the tape at your one week appointment.

**Sutures** - Dissolve in about two weeks. If skin staples are used, they will be removed in about seven days.

**Wound Care** - Tape should be cleaned daily in the shower by lathering with soap and water. The tape can be dried by blotting with a dry towel or by using a hairdryer at a low setting (do not use the heat setting). Once your surgeon removes the tape, the incisions may be cleaned with diluted peroxide and coated with antibiotic ointment or scarguard as instructed.

**Activity** - Increase activity as tolerated with no heavy exercise or lifting for at least two weeks. Minimize stretching of the arms for 3 weeks. Avoid driving while still taking prescription pain medication.

**What to Expect** - Swelling, bruising and some bloody drainage is normal. Your hands and forearms will be swollen. You may find it helpful to wear a supportive shirt with long sleeves - i.e. leotard or spandex. As numbness subsides, it is common to feel tingling or sharp sensations. These sensations will eventually subside, however it may take months to resolve. Please call with any questions or concerns.

**Signs of Hematoma** - Painful extreme swelling and hardness often accompanied by bruising, usually unilateral causing asymmetry. Please notify us if you display any of these symptoms.

**Please purchase these items from your local drug store before surgery**

Maxipads (to cover incision sites and absorb drainage)  
Prescription medication