



**Post Operative Care**  
**Arm Lift**

# Perfecta Cosmetic Surgery

## The North's premier plastic surgery clinic

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### Arm Lift

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#### Your package of care.

All of your after-care is provided as part of your package of care, so you don't have to worry about a thing. When you are ready to go home, the nurses will give you an appointment for your first check up a week later. Our nurses will arrange to see you again as required. You will see your Consultant Plastic Surgeon 3 months after surgery. If you have any problems in between appointments then don't worry, just give us a call, speak to the nurses and come back to see us.

#### When can I go home?

Arm lift takes around an hour and a half, *(or a little longer if you are having liposuction as well)*, under general anaesthetic, *(asleep)*. You can still go home the same day or stay overnight, whichever you prefer. Some swelling and bruising is common for the first week or so. We like you to wear a lycra long-sleeved top as much as possible for the first 3 months after treatment to help your swelling and scars settle as quickly as possible.

#### Can I shower after my procedure?

We use showerproof dressings after surgery so you can shower and wash your hair from day one. Just dab the dressings dry with a towel and replace your lycra top.

#### When can I return to normal activities and work?

You can gently return to all your normal activities straight after your procedure. Most of our clients are back to most things, *(including work)*, a week or so after arm lift and are back to everything, *(Including the gym and exercise classes)*, in a month or so. You can drive as soon as you feel safe and able to do so.

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Procedure information & post operative care - Arm Lift.

## When can I go on holiday?

This is a common question in clinic, particularly leading up to the summer. You could travel the following day if you need to. However it would be sensible to wait a couple of weeks. Most patients settle well and without any problems after surgery. But if you do have any issues then it is nice to be able to pop in and see us.

## Sun protection and skin conditioning.

Your skin will be more sensitive in the sun for a while after surgery. Look after yourself in the sun, particularly in the first six months after your procedure. Factor 50 suncream and lots of moisturising cream, (*or Bio-oil*), are helpful.

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