

Pre & Aftercare Information

Arm Lift



This information has been provided to enhance your journey through your treatment pathway. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).
For out of hours emergencies and at weekends, please call 07753 211771.

Procedure Information

Preparation before surgery:

- Smoking (cigarettes or e-cigarette with nicotine) - you should avoid or significantly reduce the amount you smoke. Nicotine causes the blood vessels to close up and this effect lasts for 45 - 60 minutes following inhalation. It is one of the most important requirements to lower the risk of postoperative infection and other healing complications. Ideally we would suggest to avoid smoking for a minimum of one month before and after surgery.
- Please arrange transport home with a family member or friend.
- Do NOT take Arnica or herbal tablets 10 days before and 3 days after your surgery. This will significantly reduce your risk of bruising. If you are on blood thinning medication, notify us immediately.
- We will provide you with a surgical support garment, which the surgeon will put on after the procedure. If you wish you purchase another, please notify your patient coordinator.
- Please ensure you have taken enough time off work. You can return to office type work after 10-14 days, any manual work at 21 days.
- Your patient coordinator will arrange a pre assessment appointment before your surgery. We will notify you of the date by email or phone.
- As your surgery is a day case, you do not need to pack for surgery however, we recommend you bring along your phone and charger and a pair of slippers or slipper socks.
- We ask all patients to remove false eyelashes and nail treatments including varnish before attending for surgery, as well as fake tan and all jewellery.
- Admission times are allocated the week before surgery, and confirmed by phone the day before.

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The day of surgery:

If you are scheduled for general anaesthetic, please observe the following:

- Do not eat anything up to 6 hours before your surgery. This includes boiled sweets and chewing gum.
- Do not drink anything but water up to 4 hours before your surgery. Please stop drinking altogether up to 2 hours before your surgery.
- PLEASE READ THE GENERAL ANAESTHETIC INFORMATION PAGE SENT IN YOUR CONFIRMATION OF SURGERY LETTER SENT VIA EMAIL.

Aftercare in the following days:

We will call you a few days after your surgery to see how you are feeling and to also make follow up appointments. This will consist of:

- Approx 1 week follow up with our nurse and wound care specialist.
- Approx 6 week follow up in clinic or by phone if you live at a considerable distance.
- Approx 6 month follow up either in clinic or by phone.

If you have any concerns, our door is always open and additional follow up appointments can be scheduled by contacting your patient coordinator or Bella Vou directly.

- You may shower the day after surgery, we encourage you to do so daily to reduce the risk of infection, use shower gel to wash making sure it's thoroughly rinsed from the incisions. Please leave the tape on the sites until you come for your follow up appointment. The tape is very hard wearing and shouldn't come off in the shower, so do get them wet. You can use a hair dryer on a cool setting to dry the tape after or dab it dry with your towel. The tape will remain on for 3 months, we will ask you to replace it weekly until then and will provide a supply in your aftercare bag. You may find it hard to wash your wash in the first week or two (and may need help).
- The compression garment must be worn for the first week at least, until you see the nurse for your first follow-up appointment, where you will be advised about further use.
- Discomfort, swelling and numbness is expected.
- Sleep elevated on a few pillows, avoid laying on your front for 4-6 weeks.

- Arm lift surgery can impact on your quality of sleep, do not be alarmed if you feel tired and in a daze.
- Bruising is likely to appear and will subside throughout the weeks.
- Initial fluid leakage and bloody staining is common during the first few days.
- Please take pain medication as advised, if in any doubt, please call us.
- Keep hydrated and keep your strength up by eating a substantiation diet
- You will have limited mobility in the first week. For the first 2 days try and keep arm movement to a minimum. Your arms should not be used to support your body or lift anything heavy.

Aftercare in the following weeks

- Most of the swelling and bruising should have diminished within 4-6 weeks after surgery. Not as many painkillers will be needed.
- If you feel comfortable to drive, you can after a few weeks. You need to ensure you could perform an emergency stop successfully. Avoid driving if you are taking a lot of painkillers as this can make you drowsy.
- The scars should have started to fade after the first few months. You can start massaging your scars with moisturiser or oil if they are lumpy. Please remember healing is a gradual process and your scars may remain slightly pink for up to 6-12 months.
- In the next few months your nerves along the incision site will start to join together, this can cause a pins and needles sensation and itchiness around the area, this will subside over time.

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Frequently Asked Questions

When can I start exercising?

You can start low impact exercise 6 weeks after surgery, such as: walking, bike. Please avoid running, pectoral exercises and weight lifting for about 2-3 months after surgery.

When can I start sleeping on my front/side?

This will differ from patient to patient, therefore see which position you find most comfortable After 4-6 weeks you can sleep on your front.

When can I start driving?

We recommend after about a few weeks minimum, please speak with our nurse if in doubt.

When can I resume manual work or heavy lifting (housework, gardening, picking up children etc)?

You can resume heavy lifting after 6 weeks. Please listen to your body however if you need more time, allow for this as patients heal at different rates.

When can I go swimming or have a bath?

This is stagnant water therefore to help prevent infections you cannot resume until the incisions have completely healed at about 2-4 weeks (or instructed by your surgeon or nurse).

When and how should I massage the scars?

When you attend your 1 week follow up appointment the nurse will instruct to commence. Moisturising is advised and very gentle massage around the scars.. The scars should not be massaged intensely until at least 4 weeks after surgery. This is to allow the scars to reach their maximum strength before you start to apply pressure to the scars to allow them to heal.

When can I fly?

You can fly 6 weeks after surgery. Ensure movement of the legs and feet after every few hours.

When can I go into the sun?

We recommend protecting the incision from sunlight for a year after surgery, using an SPF 50+. In the first 6 - 9 months following the surgery, the scars are immature. Even with a light top on, if the sun UV rays hits the scars they will go red. This will be the case until the scar matures, fades and becomes paler. This usually occurs by 9 months. After this time the scarred area will behave like your normal skin. Therefore prior to this time we advise high protection creams to prevent burning of the area.

Some Final Bits...

What should I do if I have questions or concerns about my procedure post operative?

Should you have any concerns during the first days or weeks of your recovery, such as whether everything is settling properly, if you suspect an infection or your wound has opened up a little; please be assured that we are always on hand to support you, so please contact us directly. During clinic opening hours, please call the clinic on 01892 257 357. For out of hour emergencies, please call 07753 211 771. While it's tempting to look for health advice online to find an answer to a question or concern, your procedure, your surgeon and your body are completely unique so please speak to your patient coordinator who will arrange for a clinician to set your mind at ease. Typically there is nothing to worry about in most instances, our team of specialists nurses and surgeons are always on hand to assist and assure you.

Revision Policy

General Revisions

While our surgeons always strive to achieve the best possible results for each patient, complications can occur (while very rare) with any form of surgery. Our revision policy covers the patient for any complications incidental to our clinical care as well as any corrective revision surgery that may be required if the outcome we expected you to achieve wasn't at first realised. So whether you require further treatment as a result of an infection or wound problem or require an adjustment to achieve the expected result, Bella Vou include all of this care as part of our commitment to you.

Cosmetic Dissatisfaction

Sometimes an unrealistic expectation might be formed as to the extent of what the procedure would achieve. This tends to be very rare as our world-class surgeons work hard to understand that the desired outcome you seek prior to surgery is realistic with what is medically possible for skin quality, BMI and other underlying factors. During the consultation(s) prior to surgery, the surgeon and the patient will establish what would likely be achievable based on that patient's unique physiology and their individual needs and desires. This would be termed a 'desirable outcome', if that result has not been met, then we would correct that for the patient without further a fee.

Herewith a few examples to help you understand where we would offer revision surgery.

- A breast augmentation patient who underwent breast surgery now has irregularly shaped breasts or who's breasts are not symmetrical in appearance.
- A patient who underwent a tummy tuck and liposuction to the flanks, whereas one flank is nicely contoured, the other has a bulge.
- A facelift patient who develops a pixie-ear deformity in the months following surgery.

With all such examples, Bella Vou would revise these without costs.

Herewith a few examples to help you understand that would not be covered under our revision policy.

- A facelift patient declines a recommendation by the surgeon to have liposuction to the neck as part of a face and neck lift procedure to remove some excess volume and to give the best result. Post surgery, the patient complains that their neck is not as tight as they would have expected. Whilst we can address this concern for the patient, the patient did not take the recommendation of the surgeon previously and now wants the neck tightening further as the neck is still full in appearance or has lax skin. A charge would be incurred for this additional treatment.
- A breast patient is advised by her surgeon to have an uplift in addition to having breast implants to improve the shape and appearance of her breasts. The patient only wants further volume by having implants as her budget is tight. Whilst the patient is happy with the size of her breasts post surgery, she is not happy with the overall appearance as the nipple position is low with less volume in the upper part of her breasts. A charge would be incurred to separately uplift the patient's breasts.
- A tummy tuck patient undergoes a tummy tuck procedure and whilst initially delighted with the result, she then goes on to have further unexpected children or has significant weight gain. The patient is unhappy that her tummy has developed loose skin and is not as flat as it previously was. We can further improve this patient's appearance but this would incur a fee.

In Summary

It is important to bear in mind that our surgeons agree on a 'desirable outcome' with the patient prior to the patient agreeing to any treatment. If the patient is in any way unhappy with the 'desirable outcome' put forward by the surgeon, they are under no obligation to proceed with the surgery.

Please do not hesitate to contact us if you have any questions, queries or concerns.

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