



PATIENT RECOVERY GUIDE

Arm Lift Surgery Aftercare Instructions

Your personalised recovery guide following brachioplasty with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Arm Lift (Brachioplasty)		DD / MM / YYYY	DD / MM / YYYY

Your recovery begins the moment your arm lift concludes. The care you take in the first weeks shapes both the comfort of your healing and the refinement of your final scar. Follow these instructions closely, protect the closure from tension, and allow your body the time it needs — the fine inner-arm scar will continue to mature and fade over the months ahead.

1 The First 48 Hours

- Elevate the arms.** Keep both arms raised on pillows above heart level to reduce swelling and bruising.
- Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- Compression sleeves.** Wear your garment continuously as fitted; it controls swelling and supports the new contour.
- Limit movement.** Expect arm movement to feel restricted for 3–4 days; do not force it.
- Hydrate & rest.** Drink water freely and rest; avoid reaching, lifting, or stretching the arms.
- Keep incisions dry.** Leave dressings undisturbed; do not shower until cleared (usually 2–3 days).

2 Recovery Timeline

- DAYS 1 – 3**
Initial healing. Mild discomfort, swelling and bruising on the back of the arm. Move gently; you may shower around day 2–3.
- WEEK 1 – 2**
Return to light routine. Most patients resume desk work and light daily activity. Swelling and bruising largely resolve.
- WEEK 4**
Resuming exercise. Heavy lifting and upper-body sport may gradually resume. Continue garment use as advised.
- MONTHS 3 – 18**
Scar maturation. The contour settles and the fine inner-arm scar continues to soften and fade. Protect it from sun.

“A scar closed without tension heals as a fine line. Your patience through these months — protecting the closure, wearing your garment, shielding the scar from sun — is itself part of the result.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Wear your compression garment as directed.
- ◇ Keep arms elevated when resting.
- ◇ Walk gently to support circulation.
- ◇ Attend every follow-up appointment.

PLEASE AVOID

- ◇ Lifting, pushing or reaching overhead early.
- ◇ Strenuous exercise before week four.
- ◇ Smoking, which delays wound healing.
- ◇ Sun exposure on the healing scar.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or spreading swelling.
- Discharge, bleeding or opening of an incision.
- Severe or rapidly increasing pain not eased by medication.
- A firm, growing fluid collection under the skin.
- Numbness, calf pain, or shortness of breath.

5 Discharge Checklist

- ☐ Compression garment fitted and spare provided.
- ☐ Prescriptions for pain relief and antibiotics collected.
- ☐ Wound-care and showering instructions understood.
- ☐ Follow-up appointment date confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS