



PATIENT AFTERCARE GUIDE

ARM LIFT

BODY

ARM LIFT

Your full, personalised advice will be given by your surgeon specific to your individual needs and you will receive written instructions prior to your surgery but here is a brief overview.

Can I go home the same day?

Yes, arm lift surgery is usually carried out as day case surgery and you will go home the same day.

When can I shower?

You can shower the day after your surgery. Your dressings are shower-proof so just gently pat them dry afterwards.

Do I need to sleep on my back following surgery?

Yes, we recommend sleeping on your back, arms raised on pillows for a week.

When are my dressings and sutures removed?

You will have shower-proof dressings in place which will be removed at your 1-week follow-up appointment. The sutures are usually dissolvable so will not need to be removed.

Will I have bruising and swelling?

Your arms will be bruised and swollen following your surgery, but this will settle over the next few weeks.

How long will it be before I see the final results?

There will be some lumpiness and the scars will be firm in the first few months. Your results will be more evident when this settles, which takes around 3-6 months. Scars take up to 12-18 months to fully mature.

How long do I need to take off work?

We recommend up to 2 weeks off work and longer for physically active jobs.

Can I still exercise?

Any form of physical exercise directly using the arms should be avoided for the first 6-8 weeks.

Can I drive after surgery?

We suggest around 2 weeks before you can drive but only if your arms felt comfortable. Check with your car insurance that you are covered.

Who do I contact in an emergency?

We give our patients a direct number for your surgeon on discharge. You can use this if you are concerned about anything overnight. We give you a call the next day to check on you, and you can contact the clinic between your follow-up appointments.

Do I need to buy a support garment?

We provide you with a support garment following your surgery which we fit on the day.

How long do I wear the support garment for?

Apart from showering, we recommend that you wear it day and night for up to 6 weeks

Patient aftercare guide





IMPORTANT NOTICE

This aftercare guide provides general information to support your recovery following treatment at LASE Cosmetic. Every patient is different, and your clinical team will provide personalised guidance specific to your procedure, health, and circumstances.

Always follow the specific verbal and written instructions given to you by your consultant or practitioner. If there is any conflict between this guide and your personal aftercare instructions, follow your personal instructions and contact your LASE clinical team to clarify.

This document does not replace medical advice. If you are ever in doubt about your recovery, please contact us.