

Bicep Implants Aftercare Instructions

BICEP IMPLANTS AFTERCARE INSTRUCTIONS

Thank you for choosing Bicep Implants, a surgical procedure designed to enhance the size and shape of your biceps. Proper aftercare is essential to ensure optimal healing, reduce the risk of complications, and achieve the best aesthetic results.

IMMEDIATELY AFTER SURGERY

Normal Reactions

Mild to moderate swelling, bruising, and tenderness in the treated area are expected. Temporary numbness or tingling around the incision site may occur. Mild discomfort or tightness in the upper arm is normal.

Wound Care

Keep the incision area clean and dry. Follow instructions for dressing changes and do not remove sutures or drains unless advised. Avoid touching, rubbing, or massaging the treated area.

FIRST 24-48 HOURS

Pain Management

Take prescribed pain medications as directed. Avoid over-the-counter NSAIDs unless approved, as they may increase bleeding risk.

Activity & Positioning

Keep the arm elevated when possible to reduce swelling. Limit movement of the arm; avoid lifting, pushing, or pulling. Refrain from strenuous physical activity.

FIRST WEEK

Observation

Swelling, bruising, and mild discomfort may persist. Minor oozing from the incision site is normal.

Hygiene

Gently cleanse the area as instructed using mild antiseptic solutions. Avoid soaking in baths, hot tubs, or swimming pools.

Lifestyle & Care

Wear any compression garments as directed by your surgeon. Avoid excessive movement or lifting. Do not apply creams, oils, or lotions to the incision unless approved.

FIRST MONTH

Healing & Results

Swelling and bruising should gradually subside over 2-4 weeks. Sutures may dissolve or be removed depending on your surgeon's protocol. Final results may take several weeks to fully appear.

Activity Restrictions

Avoid heavy lifting, strenuous exercise, or resistance training involving the arms until cleared. Gradually resume normal activities as advised by your provider.

WHEN TO CONTACT US

Contact your provider immediately if you experience: Severe or worsening pain, swelling, or redness. Signs of infection such as pus, warmth, or fever. Excessive bleeding or fluid accumulation. Any unusual or concerning symptoms.

LONG-TERM CARE

Maintain gentle care of the surgical area. Avoid trauma or pressure to the implants. Attend all scheduled follow-up appointments to monitor healing and ensure optimal results. Maintain a healthy lifestyle including hydration, balanced nutrition, and gradual reintroduction of exercise.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

PATIENT ACKNOWLEDGMENT

- I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout