

## Brachioplasty Post-Op Instructions

### **General Discharge Instructions:**

1. The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. **Therefore you should not:** stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
2. Eat a light diet following surgery. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-aid, nonacid juices).

### **Medications:**

-You will receive prescriptions the morning of surgery and they will be sent to the pharmacy of your choice.

-Be sure to eat something substantial prior to taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.

-Initially, take your pain medication and antibiotic 2 hours apart. If you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.

-Take pain medication and muscle relaxer 2-4 hours apart.

-ALL narcotic medication can cause constipation following surgery. You may buy Metamucil, Milk of Magnesia, Correctol, or Dulcolax suppositories. All are available without a prescription at the pharmacy. DO NOT allow yourself to have any problems with constipation.

-Resume all your regular medications after surgery

-Avoid aspirin products for 7 days

**-Starting Tylenol and Ibuprofen products-** These medications may be started 48 hours after surgery. Incorporating Ibuprofen will allow you to be able to taper off of your narcotic medication. Once you're no longer taking your narcotic medication (which contains Tylenol), you may start to also incorporate Tylenol for pain.

### **Activity:**

-Be sure to get plenty of rest to allow your body to recuperate faster. However, it is important that you get up and walk around in your house at least every 2 hours during the day to prevent developing a blood clot.

-It is best to rest in an upright position for comfort and to decrease swelling. You can either rest in a recliner or in bed with 2-3 pillows behind your back and pillows under your arms.

-Use your elbows as needed, but do not put extra stress on your shoulders. Keep a fluffy towel folded and tucked under your armpit.

-Do not lift anything greater than 10 pounds (a gallon of milk) for 2 weeks.

-Avoid raising your arms over shoulder level, or pushing or pulling anything for the first 2 weeks. (You may do your hair).

-Avoid any aerobic type of activity or strenuous exercise for 4-6 weeks.

-You can resume sexual activity at least 2 weeks after surgery, or when it is no longer painful.

-You may drive after 1 week if you are not taking narcotic pain medicine.

-You can return to work within a week as long as you have a job that does not involve heavy lifting.

**Garment:**

-Wrap each arm with 2- 6 inch ace wraps starting from the knuckles to the armpits. You may be given a garment to wear instead of ace wraps. Wear the garment 24 hours a day except when showering until the doctor tells you differently.

**Wound Care (also see Wound Care video):**

-The day after your surgery, shower. Remove your Garment and dressings to shower.

-The type of dressing you have after surgery may vary at your doctor's discretion, based on your procedure, or skin sensitivity.

-White gauze and steri-strips- To shower, remove white gauze dressing only and wash over steri- strips gently with soap and water. DO NOT remove steri-strips, if they fall off on their own that is okay. Rinse and pat dry, apply clean dressing over steri-strips. Reapply garment.

-White and yellow gauze- To shower, remove white and yellow gauze, and wash over incisions gently with soap and water. Rinse and pat dry. Apply Bacitracin ointment and clean dressings over incisions. Reapply garment.

-Clear dressing with white gauze and steri-strips- To shower, leave clear dressing in place until follow-up appointment. If dressing begins to peel away, you may remove them but leave the steri-strips in place. Reapply garment.

-If you develop any scabs or crusts along your incision when there is no steri-strip in place, take a warm wet wash cloth, soak it on your incision for 5-10 minutes, it will soften the scabs/crusts and gently clean them away.

-Kotex Pads/mini pads work great to use as dressings at home.

-DO NOT use a bath tub, hot tub, swimming pool, pond or lake for 4 weeks.

-No smoking or second hand smoke-could cause tissue/skin loss.

-Absolutely NO ICE OR HEATING PADS to the surgical areas-you may freeze or burn your skin.

**-If you have a drain, also see How to Care for your JP Drain Instructions and Video.**

**When to call the Doctor:**

-If you experience any signs of infection, fever of 101.0 or higher, redness/heat, purulent/odorous drainage.

-If you have any problems call our office at 937-886-2980.

**Follow up:**

-Your follow up appointment can be made ahead of time, for one week post op following your surgery date. Your stitches may be removed at this time.

**For Your Comfort:**

-In preparing for your arrival home after surgery, set up the area where you will be resting with pillows, linens, and supplies needed for your specific surgery.

-Rather you are going to be lying in bed or a recliner (this is best if you have one available), have plenty of pillows to rest with your upper body and arms elevated, on an old sheet, towel, etc. as drainage may occur beyond the dressings.

-Have something to drink within easy reach, drink plenty of fluids following surgery to stay well hydrated.