

Care After a Brachioplasty

ACTIVITY

- **Please ensure you get up and walk around every hour while you are awake.** When sitting or lying pump your feet up and down at regular intervals when awake to increase your circulation, minimizing the risk of blood clots.
- **Please ensure you are doing deep breathing and coughing** for 3-4 days following your surgery each hour while you are awake (breathe in through your nose and out through your mouth three times on the third breath out give a big cough).
- Avoid lifting anything over 5lbs for the first week after surgery. You may lift up to 10lbs during the second week.
- Please avoid walking your dog for the first week of surgery. The sudden tug or jerking action may cause bleeding.
- You must avoid strenuous activities and exercise for about six weeks.
- If applicable, you can resume sexual activity when you feel comfortable. Generally waiting 6 weeks is adequate; however, every person may feel differently.

MEDICATION

- Please do not take any Advil, Ibuprofen, Aspirin, Motrin, or Anacin unless this has been discussed with your doctor or one of the clinic's nurses.
- You may have been given the following medications: Oxycodone and/or Acetaminophen (Extra Strength Tylenol) for pain management, Colace (Soflax) to prevent constipation, Lyrica (Pregabalin) for pain management/nerve receptor blocker, and Celebrex (Celecoxib) to help with swelling/inflammation.
- If you experience nausea, take Gravol as directed on the package 15-20 mins before you take your prescribed pain medication.
- Begin taking your stool softener (Colace) after your surgery and continue as needed. If you experience constipation, speak to your pharmacist about taking another over the counter stool softener in addition to the one provided.
- Take Tylenol instead of your narcotics when you feel able.
- If you have been given a prescription for antibiotics, start taking them on the day of surgery and continue until all the medication is finished.
- If you have been given Arnica, you may continue to take the Arnica the night of your surgery and continue to take it until it is finished.
- **Do NOT apply any hot/cold packs as they risk damaging your skin!!!**

WOUND CARE & SHOWERING

- You may shower on the second day after your surgery. No earlier please. Please have someone present with you when you are having a shower for the first time after surgery and do not lock the bathroom door as you may become dizzy. **DO NOT TAKE A BATH** or go in a hot tub/pool.
- Apply a light dressing (gauze or panty liner) over your incisions and hold in place with the garment. Avoid tape as much as possible. You only need the light dressing if you have drainage.
- Continue to wear your compression garment for 4-6 weeks after surgery.

- If you have compression stockings on these are to be worn for two weeks day and night.
- The garment and the TED stockings should be hand washed with water and laundry soap as needed. You can then put them in the dryer on a gentle, low heat tumble dry. We recommend you wash your garments and then put them in to dry on delicate while you have your shower, so they are ready to be put on when you are done.

WHAT TO EXPECT

- You may have a fair amount of aching and burning at your incision site. This should begin to get better after 3-4 days. If your pain does not get better, please call the office.
- Moderate swelling is normal and is maximal at day 2-4. It will gradually improve over the next 3-4 weeks.
- You will see the office nurse for a post-operative visit approximately 2 weeks after surgery. If you have not been given an appointment, please call the office to arrange one.
- You will see your surgeon for a post-operative visit approximately 3 months after surgery.
- If concerns arise prior to your scheduled visit, please contact the office.

Please note that you will NOT be able to work on the day of your procedure. **YOU ARE NOT ALLOWED TO DRIVE, MAKE ANY IMPORTANT DECISIONS OR OPERATE ANY TYPE OF MACHINERY FOR 24 HOURS AFTER YOUR SURGICAL PROCEDURE.** This is the law.

If you need to go to an Emergency Room/hospital/walk in clinic/family doctor for any reason **within 10 days** after your surgical procedure, you need to inform The Cosmetic Surgery Clinic of your visit.

If you have any questions or problems, please do not hesitate to call the office at 519-746-1132, or in an emergency after hours, you may contact Dr. Ma directly at 905-818-0746. If you cannot reach Dr. Ma and you need attention urgently, please go to your nearest emergency department.

Last Medication Dose received:

Acetaminophen 1000mg (2 tablets) @ _____ (pain reliever)

Celebrex 100mg @ _____ (pain reliever/swelling)

Docusate Sodium 100mg start tonight

Your last narcotic dose was @ _____

We love hearing from you!

