

PURE PLASTIC SURGERY

BRACHIOPLASTY

Post-Operative Instructions

Immediately After Surgery

1. Your first post-operative appointment will be with our staff the day after your surgery.
2. The following visit will be scheduled with a surgeon.
3. You must be taken home by a responsible adult over the age of 18 years-old. This individual must agree to stay with you the evening of surgery and into the next day(s) so as to ensure you are being supervised.
4. Maximum weight allowed to lift is 10 pounds for 6 weeks.
5. Do not take any aspirin-type products for 2 weeks after surgery. ONLY use the pain medication prescribed by the surgeon.
6. You are not allowed to take any herbal supplements or over the counter vitamins/medications for 2 weeks before and 2 weeks after surgery. These can cause bleeding.
7. You are only allowed to take a single multivitamin a day.
8. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity for 2 weeks.
9. **YOU MUST BEGIN WALKING the evening of surgery.** Bedrest alone is not allowed. You have to get out of bed every 3 hours and walk 10 minutes for the first 24 hours after surgery. After the first 24 hours you need to walk 5 times per day to help prevent a blood clot.
10. Follow a liquid diet for the first day after surgery and transition to soft diet for the next 2 days followed by regular diet.
11. Showering:
 - a. Start showering 48 hours after surgery and do so once a day.
 - b. You are only allowed to shower for the first 30 days after surgery.
 - c. You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi, hot tub until one month after surgery.
 - d. ***PLEASE KEEP YOUR AXILLA (ARM PIT) DRY AT ALL TIMES WHEN NOT SHOWERING.***
12. AVOID lifting your arms above shoulder level for 2 weeks.
13. You are allowed to use your forearms and hands above the level of the shoulders.

Compression Garment Instructions

1. Start wearing a sleeve compression garment after the drains are removed.
2. Wear the garment for 6 months to improve the appearance of the scar.

Long-Term Post-Operative Care

1. Do not drive for 5 days following surgery or until cleared to do so by your surgeon.
2. No smoking is allowed 4 weeks before and 4 weeks after surgery. Hopefully you do not smoke at all.
3. Do not undergo any dental procedures for 1 month after surgery to avoid infections.

4. Please avoid all direct sun exposure to the wounds for 8 weeks after surgery. Start using sunscreen 7 days after surgery every day and use for the *rest of your life* to minimize scarring. After 8 weeks, you can be exposed to direct sunlight if you apply SPF 50 or greater sunscreen and reapply every hour.
5. It is NORMAL to have bruising and swelling to the surgical area. This will gradually improve over several weeks.
6. If you experience any fever, shortness of breath, chest pain or unusual pain in the operated area you must notify the office immediately.
7. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum**.
8. These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

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Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent skin and is extremely tender or if you develop chills and/or fever. Please take your temperature with a thermometer. A clinically significant fever is 102 degrees Fahrenheit or greater.

The office can be reached directly at 305-230-4326.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:

Coral Gables Hospital
3100 Douglas Road
Coral Gables, FL 33134
305-445-8461

Westchester General Hospital
2500 SW 75th Avenue
Miami, FL 33155
305-264-5252

*If you have a life-threatening emergency please go to the nearest emergency department.