

PURE PLASTIC SURGERY

BRACHIOPLASTY

Post-Operative Instructions

Immediately After Surgery

1. 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.
2. Your first post-operative appointment will be with our staff the day after your surgery.
3. The follow up visit will be scheduled with a surgeon within a week of your surgery.
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 a soft diet for the next 2 days followed by a regular diet.
11. Showering:
 - a. Start showering 48 hours after surgery and do so once a day.
 - b. You should only shower for the first 45 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 once approved by your surgeon.
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 6 weeks before and 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 it 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 (101.5 or higher), 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**.

*These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

Post-op Concerns

Most post-op questions can be answered during your post-op visits. However, we are always available to answer your questions through our HIPAA compliant text messaging system Klara. If you are experiencing any of the following, please call the office:

1. You experience any fever (101.5 or higher taken with a thermometer), shortness of breath, chest pain or unusual pain in the operated area.
2. You have bright red bleeding that saturated or oozed the pads (pink or translucent oozing during the first few days is normal).
3. You have severe pain that is not responding to medication or if the incisions are showing signs of infection (such as redness that spreads away from the incision to the adjacent skin and is extremely tender), foul odor drainage through the incisions.

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

IMPORTANT: Do not use Klara for urgent messages between 5pm and 9am Monday-Friday and on weekends. Our staff does not review Klara messages outside of office hours. For urgent medical questions, please call the office and, if we are closed, you will be transferred to the after hours answering service.

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:

Kendall Regional Hospital
11750 SW 40th St.
Miami, FL 33175

South Miami Hospital
6200 SW 73rd St.
South Miami, FL 33143

IF YOU ARE HAVING A LIFE THREATENING EMERGENCY, PLEASE CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM AND CALL US TO LET US KNOW ONCE YOU ARE ABLE TO DO SO.

I have read and understand the post op instructions provided above. I do not have any further questions at this time.

Patient Name: _____ Patient Signature: _____

Witness: _____ Date: _____ Time: _____