

BRACHIOPLASTY WITH LIPOSUCTION

Surgery Date: _____ Place: _____ Arrival Time: _____

TWO WEEKS BEFORE SURGERY:

1. Some medication can interfere with anesthesia and cause undesirable side effects that affect your surgery. Please read over the enclosed medication information list and let us know if you take any of them. Aspirin should not be taken 2 weeks before or after surgery. Tylenol is a good medication to take for any aches or pains you may have prior to surgery.
2. Smoking will affect how you heal. It is very important to stop smoking 2-3 months before your surgery.
3. If you develop a cold, facial sore or any other illness prior to surgery, please notify us.
4. If you are having surgery as an outpatient, please be sure arrangements have been made for a responsible adult to drive you to and pick you up after surgery and to stay with you for the first 24 hours.

EVENING BEFORE SURGERY:

1. Make some jello and/or soup for after surgery.
2. Get a good night's rest
3. Do not eat or drink anything after midnight.

MORNING OF SURGERY: Be at the Surgery Center/Hospital at:_____

1. Do not eat or drink anything if your surgery is scheduled before noon. If your surgery is scheduled after noon, you may have coffee or tea and dry toast at least 6 hours before your surgery time.
2. Do not wear wigs, hairpins, hairpieces, jewelry, contact lenses, dentures, nail polish, or makeup. Dress in loose-fitting comfortable clothes. Do not wear pullover tops or panty hose. Wear slip on shoes.
3. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home.

AT HOME AFTER SURGERY:

1. After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.
2. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
3. Most people experience muscle soreness as opposed to sharp pains for about 4-5 days after surgery. The pain medication we have prescribed should relieve your discomfort. You may take it every 3-4 hours as needed. It is best to take pain medication with crackers, jello, etc. Alcohol and pain medication should not be taken together.
4. It is important to refrain from any strenuous activities for at least 10 days to 2 weeks after surgery. Gradually work back up to pre-surgical activities after two weeks.
5. The girdle must be worn **AT ALL TIMES** for **TWO WEEKS** and then at night only for the next two weeks.
6. You may remove the garment or arm wraps on the third day to take a shower. You can put the girdle in the washer and dryer while you are showering and then put it back on immediately.
7. The body retains fluids in response to surgery so do not expect to see any immediate weight loss. In the long run, you will see a change in the way your clothes fit more than a decrease in pounds.
8. Swelling and bruising are a normal expectation following surgery. Bruising could be apparent for as long as 1-2 months afterward. The bruises will move down your body, as they are absorbed.
9. Massage to the surgical sites will help increase circulation and alleviate the hardness felt underneath the skin. The massages can begin 2 weeks after surgery.
10. Some people experience an itching sensation and/or numbness following surgery. This will gradually subside over the next 2-3 months.
11. Patients will experience partial numbness which will improve but rarely completely resolve after surgery. Scar treatment is usually started two weeks after the sutures removed within one month.

GENERAL INFORMATION:

1. The arm garments and sometimes drains are essential to ensure a good outcome and to avoid complications from arm tucks with liposuction.
2. Wear garments as instructed and wash the garments at least every two days. Avoid wearing garments when wet and use a hair dryer on the wound to avoid moisture after bathing. The garments may need to be adjusted or refitted after surgery.
3. Strenuous activity/heavy lifting of objects greater than 10 lbs should be avoided for 6-8 weeks.
4. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater for at least 6 months.
5. Please take all medications carefully and as directed.
6. If you have nausea, vomiting, rash shortness of breath, or diarrhea after taking your medication, please call the office.
7. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

JBL/awh