

Paragon Plastic Surgery

BRACIOPLASTY SURGERY

PROCEDURE AND POST CARE INSTRUCTIONS

I. ITEMS NEEDED:

- Prescription medicines
- Hibiclens antimicrobial soap
- Polysporin ointment
- Absorbant pads (MaxiPads work well)
- Sunscreen with a UVA/UVB SPF of 15 (we have excellent sunscreen available)
- Vitamin C 2000mg twice daily for 14 days.
- Zinc 50mg once daily for 14 days.
- Constipation Prevention (while taking narcotic pain medication): Colace 100 mg twice daily and Milk of Magnesia until normal bowel movements.
- Arnica Montana. Starting 5 days before your procedure and then continuing 10 days after your procedure, take 4 tablets of Arnica Montana, under your tongue 4 times a day. (DO NOT EXCEED 16 TABLETS A DAY). This will help with swelling and bruising.

OFFICE PHONE NUMBER: 817-473-2120 (8am — 6pm M-F)

EMERGENCIES OR AFTER HOURS: 817-473-2120 then hit 6 (24-hour answering service)

THE PROCEDURE:

A. Goals for surgery: The goal of brachioplasty is to reshape the upper arm by removing fat through liposuction and/or skin through surgical removal. Most of our patients requesting a brachioplasty procedure have recently lost weight through various bariatric programs, but now live with the burden of excess hanging skin from their upper arms. Ultimately, our goal is not to place unsightly scars on your arms, but in some cases it is necessary to achieve the best possible result. However, in a small percentage of patients, liposuction alone may accomplish an excellent result without linear scars.

B. Anesthesia: A brachioplasty is usually carried out under general anesthesia, but in some cases, monitored IV sedation will suffice. Fluids containing medicines that limit blood loss and reduce discomfort are injected into the areas that are to be treated.

HI. GENERAL INFORMATION:

A. Bleeding: If sudden, profuse bleeding occurs, please contact our office immediately. Remain calm, as excitement and panic raises your blood pressure and worsens bleeding.

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B. Bruising: Bruising may occur in the surgical area following the procedure. If bruising develops, it should be gone in 3 to 6 weeks.

C. Swelling: As a general rule, 80% of your swelling is gone in 2 to 6 weeks and the remainder should be gone in 3 to 12 months. Avoidance of salt in your diet will also help to prevent excess swelling.

D. Fever: You may run a slight fever the first few days following surgery, as this is a normal process of the inflammatory response. A condition called atelectasis may also occur, whereby the small air sacs in your lungs are not fully inflated and may cause a slight fever. Please take deep breaths, holding them as long as possible and then letting them out through pursed lips. Do this 10-20 times a day for the first week. These breaths allow additional airflow into collapsed air sacs to reopen. You may also increase your fluid intake and take Tylenol, but DO NOT exceed the maximum recommended dose of Tylenol per day. Please notify us of any fever above 100 degrees that Tylenol fails to control.

E. Signs of Infection: Although rare, please contact our office if you notice signs of infection such as foul-smelling drainage, excessive redness, excessive swelling or pain in the treated areas.

F. Diet: You may resume your usual diet after surgery; however, reduce the quantity for 24 to 72 hours. Avoid drinking caffeinated beverages the day of surgery and alcohol for 48 hours after surgery. Gatorade is a great beverage for the first 48 hours. Be sure to drink plenty of fluids the first 2-4 days following.

G. Fatigue/Soreness: Most people return to a desk job within 3 to 7 days after surgery, although you must expect some soreness. You may also fatigue easily for a few days.

H. Driving: DO NOT drive within 24 hours after taking any narcotic pain medication.

I. Smoking: DO NOT smoke and avoid second hand smoke.

J. Sun: Avoid the sun, which may darken maturing scars. Protect incisions by using sunscreen with an SPF of 15 or by covering them with clothing or tape. Also, avoid tanning beds unless you protect your breast incisions.

K. Physical Activities and Exercise: It is encouraged that you may take a short walk the day after surgery and are accompanied by someone. Your arms will be sore and your range of motion will be limited. Although each day you will gradually notice more range in motion and less pain. Please DO NOT sit or lie for long periods of time without getting up and moving around as this may predispose you to blood clots. You may resume mild exercise and activity 4 to 7 days after surgery. Begin with 25% of your normal workout and gradually increase the activity each day. If you experience discomfort or fatigue, wait an additional 2 to 4 days before resuming exercise.

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POST CARE INSTRUCTIONS

Liposuction Brachioplasty (No Surgical Incision):

- If you had a liposuction brachioplasty your wound care will be minimal.
- Following surgery, you will return home with an upper arm compression garment. You are expected to wear this garment for at least 2-3 weeks depending upon your recovery process.
- Keep your arms elevated on pillows when you are sitting to reduce the swelling process.
- The liposuction ports (small holes in your skin) will drain blood-tinged and watery fluid for the first 24-48 hours then will stop. This is a normal process. During this time, you will need to remove the compression garment and change the absorbent pads as needed.
- Keep drain ports clean by showering once or twice each day. Use the Hibiclens solution to wash your arms.
- After each shower, apply a small amount of antibiotic ointment (Polysporin) to each skin port and continue to use the antibiotic ointment until the ports are closed, which may take several days.
- Absolutely NO hot tubs, swimming pools, or baths for 4 weeks. Only showers.
- After showering, replace the elastic garment and wear it day and night for several weeks.

Surgical Brachioplasty (Surgical Incision)

If you had surgical brachioplasty your wound care will be different as listed above.

- Your incisions will be covered with either a "liquid band-aid" which will keep your incisions water tight and sterile or covered with steri-strips (tape strips) pending upon the decision at the time of surgery. There will be NO staples and NO stiches to remove and all stitches will be placed internally that will dissolve with time.
- Keep your arms elevated on pillows when you are sitting to reduce the swelling process.
- We encourage you to shower twice daily and use the Hibiclens solution. You can take your first shower the first morning following your surgery. After each shower, carefully pat the incisions dry.
- Apply a small amount of Polysporin ointment across each incisions twice daily. You may want to wear a long sleeve tee-shirt to prevent the ointment from rubbing off.
- Absolutely NO hot tubs, swimming pools, or baths for 1 week. PPragon Only showers.