



Arm Lift (Brachioplasty): Pre-operative instructions

Congratulations on your decision to pursue cosmetic surgery! I have prepared several pointers which will help you to best prepare for your upcoming procedure, in order to obtain the safest and most satisfactory outcome.

1) Suggestions:

- a) Arrange for 10 days to 2 weeks off work. Recovery is variable, depending on your individual response to surgery, but some time to heal is mandatory.
- b) Try to complete all non-essential personal duties and responsibilities before your surgery. Your recovery will be far less stressful if you can get all of life's little tasks out of the way beforehand.
- c) Have someone available to help with things around the house (kids, meals, shopping, etc.) for several days after surgery.
- d) Obtain a large package of 4"x4" gauze, for use after surgery

2) Mandatory:

- a) **Stop intake of all aspirin and aspirin-related products (anti-inflammatories like motrin, advil, naprosyn, etc.) two weeks before surgery**, as these products will increase bleeding and bruising during surgery
- b) **Stop smoking or nicotine-containing products (nicorette, nicotine patch) 6 weeks before surgery**. If you are unable to quit 6 weeks before surgery, please notify my office as soon as possible.
- c) Consume no food, drink or even water after midnight the night before surgery. A full stomach on the morning of surgery will necessitate cancellation of the procedure.
- d) If you have had a "lap-band" procedure, your band should be deflated completely 2 weeks prior to surgery. Let me know if you are having a problem arranging this!
- e) Do not use body creams or lotions for 24 hours prior to surgery.
- f) Remove all body jewelry possible prior to surgery.
- g) Discuss any medications, which you regularly take, with me before surgery.
- h) Have someone available to bring you home after surgery (usually the following morning).
- i) Have someone available to stay with you that day.
- j) Be at the hospital several hours before your scheduled time (discuss this with my office staff)
- k) Call me with any questions you may have, as soon as possible, before surgery.

Best of luck, and I will see you at the hospital!

Sincerely,
H. Silverman, MD