



# Brachioplasty Instructions

## BEFORE YOUR SURGERY:

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### Suggestions:

- 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.
- 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.
- Have someone available to help with things around the house (kids, meals, shopping, etc.) for several days after surgery.
- Obtain a large package of 4"x4" gauze, for use after surgery.

### Mandatory:

- Stop intake of all Aspirin and Aspirin-related products (anti-inflammatory like Motrin, Advil, Naprosyn, etc.) two weeks before surgery, as these products will increase bleeding and bruising during surgery
- 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.
- 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.
- If you have had a "lap-band" procedure, your band should be deflated completely 2 weeks prior to surgery. Let the office know if you have a problem arranging this.
- Discuss any medications, or changes in medications by contacting the office.
- Have someone available to bring you home after surgery (usually later in the afternoon).
- Have someone available to stay with you the night after surgery.
- Be at the hospital before your scheduled surgery time, the hospital will call you one week before your surgery with this information.
- Remove all body jewelry possible, prior to surgery.
- Do not use body creams or lotions for 24 hours prior to surgery.
- Do not wear a ponytail or hair pins/clips before/to your surgery.
- Avoid eyelash extensions before surgery as these may be disturbed during administration of anesthesia

## OTTAWA PLASTIC SURGERY

DR. H. SILVERMAN, MD, FRCSC  
DR. KIRSTY BOYD, MD, FRCSC



## AFTER YOUR SURGERY:

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### Immediately After Your Surgery:

- No heavy lifting (more than 10 pounds)
- Wear your compression garment at all times (if provided – some patients will be best suited with gauze dressings alone, depending on the procedure performed), to reduce swelling and support the contour of your arms
- The dressing is to remain dry and in place until I see you for your first post-operative visit. You may sit in the tub, but please keep the bandages dry.
- If drains are present, empty and record the output from your drain 2-3 times per day; (not all patients will have drains)
- It is advisable to go for brief walks every few hours (while awake) to improve circulation in your legs
- You may eat a regular diet
- No driving until discussed with me
- Take all medications as prescribed:
  - Usually Dilaudid, Tylenol #3 or Percocet, 1 or 2 tablets every 3 to 4 hours **as needed** for pain. This may be supplemented by over the counter anti-inflammatories, such as Motrin, Ibuprofen, Advil or Tylenol.
    - Note that the pain medicine may make you nauseous or constipated. You may use over-the-counter stool softeners, such as Colace.
- Antibiotics, usually Keflex, every 6 hours as prescribed. This is not as needed, but mandatory.
- Call my office to arrange a follow-up appointment for about 2-5 days after surgery

### Things to Watch Out For:

- A rapid increase in pain, swelling and firmness of one, or both, breasts, with a bluish discoloration of the skin, may indicate bleeding
- Difficulty breathing
- Vomiting after the first 24-48 hours
- High fevers above 38.5 C or 101.5 F
- Pain and swelling in one, or both, legs
- Inability to urinate
- **The presence of these above mentioned conditions warrants a call to your surgeon**

### Normal Post-Surgical Reactions:

- Pain, bruising, and mild swelling are normal and expected after surgery
- Low grade temperature is often seen early after surgery
- Mild differences in size and shape are common and normal in the early recovery period

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### Late Post-Operative Period:

- No heavy lifting, upper body weights, vigorous exercise such as aerobics, jogging or swimming, for 6 weeks after surgery
  - Driving is allowed once you are off narcotic pain medication, **and** can move comfortably enough to react to any driving situation appropriately; check with me if you are unsure
  - You may shower after the first office dressing change, and gently wash directly over the arms
  - Wear your compression garment at all times for the first 6 weeks, unless otherwise directed
  - The garment may be removed for showering and for washing
  - Dry gauze may be placed over the incision if small amounts of drainage persist. Occasionally, fluid may leak around, rather than through the drains (if used)
  - Your stitches will be removed approximately two weeks after surgery. Creams and lotions over the scars are not to be used unless otherwise directed
  - Normal activities may be resumed as tolerated by 6 weeks after surgery
  - Avoid tanning over healing incisions
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- **If any of the above information is unclear, or any other questions arise, please do not hesitate to contact our office, during business hours, Monday to Friday – 08:30am-4:30pm**
  - **After hours and weekends: call my office, where you will be directed to call an emergency contact number, which is either Dr. Silverman’s cell phone – 613-355-9007, or Dr. Boyd’s cell phone – 613-297-2974.**
  - **Additionally you can contact us by email directly to [askdrsilverman@ottawaplasticsurgery.com](mailto:askdrsilverman@ottawaplasticsurgery.com) or [askdrboyd@ottawaplasticsurgery.com](mailto:askdrboyd@ottawaplasticsurgery.com), though we cannot guarantee an emergent response via email.**
  - **If you are unable to reach us and have a medical emergency, please go to the nearest emergency room.**