

# SOUTHWEST BREAST & AESTHETICS

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## Brachioplasty (Arm Lift)

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### **PRE-OPERATIVE INSTRUCTIONS**

Shower the morning of surgery with Dial soap.

We practice the Enhanced Recovery After Surgery (ERAS) method. Scientific studies have shown ERAS to be highly beneficial in lowering pain, hunger, and infection. Most of our patients do not require narcotics for more than a few days, if at all, due to this method.

As part of ERAS, you are allowed to drink carbohydrate rich fluids up to 2 hours before your surgery. These fluids are limited to Powerade, Gatorade, apple juice, grape juice, or coconut water (please do not drink anything that is red or purple in color). Please do not eat any solid food past midnight the night before your surgery.

**NOTE:** If you have a history of diabetes, gastroesophageal reflux disease (GERD), hiatal hernia, previous bariatric surgery (gastric sleeve, gastric bypass, etc.), or BMI of greater than 30, please adhere to the standard instruction of nothing to eat OR drink by mouth past midnight the night before your surgery.

Also as part of ERAS, you will receive Tylenol, Lyrica (nerve pain suppressor), and Celebrex (same drug class as Ibuprofen) 1 hour before your surgery.

You should arrive at the facility for check-in 2 hours prior to your surgery start time. For example, if your surgery is scheduled for a start time of 9 AM, you should be checking in at the facility by 7 AM.

**Please bring post-operative garments (post-operative compression garment) with you to the facility the day of your surgery.**

### **WHAT TO EXPECT AFTER SURGERY**

1. After surgery, you will be brought to the recovery room. The expected length of time in the recovery room is approximately 1-2 hours. Your family / chaperone will be contacted when you have been transported to the recovery room.
2. A member of the plastic surgery team will speak with your family / chaperone regarding post-operative instructions, will answer any questions, and will provide updates on the course of the procedure.

3. This is typically an OUTPATIENT procedure. MOST of our patients go home the same day after surgery, although depending on your health status and comfort level, you may be kept in the hospital one to two days.

### **POST-OPERATIVE INSTRUCTIONS:**

1. Take medications as prescribed and a stool-softener as needed.
2. Keep arm garments or Ace wraps on 24 hours a day, except for showers until instructed otherwise by the Doctor.
3. Keep arms elevated when sitting or sleeping by using 2-3 pillows in bed or sleeping in a recliner.
4. May wash hair after surgery, but raise arms gradually when extending past 90 degrees for the first two weeks and then may proceed to gradually raise arms after until able to fully extend arm upright at shoulder by week three.
5. May initiate scar massage at 2 weeks post op, starting at 2 minutes x 2 times per day.
6. Arm compression garments will be worn 24 hours a day for the first 4 weeks and then as directed by the Doctor.
7. May shower on Post-Operative day number 2, Pat incisions dry. DO NOT SOAK IN A BATH, and then replace garments from thumb to armpit.
8. Walk at least one mile daily, or 5000 steps, starting at postoperative day 1.
9. Progress your diet as tolerated, starting with a bland or liquid diet and working to a normal well-balanced diet by postoperative day 1.

-**Avoid** salty and/or spicy foods.

-**Avoid** lifting greater than 10lbs for the first 2 weeks

-**Avoid** aerobic activity for 4 weeks

-**DO NOT** put heat pads on your arms

-**DO NOT** smoke cigarettes for 6 weeks before or after surgery

### **WHAT TO EXPECT:**

-Bruising and uniform swelling is typical for the first week

-If drains are placed empty drains twice daily for first twenty four hours and then daily afterwards recording the amount each day per drain

-For any questions or concerns call Southwest Breast & Aesthetics for the on call provider at 4805764310

### **POST-OPERATIVE PRESCRIPTIONS AND OVER THE COUNTER MEDICATIONS**

Please note that we advise you to prepare necessary medications prior to the surgery to make your post-operative course more pleasant.

1. **Oxycodone** is an oral narcotic prescribed to manage your pain as necessary. Narcotics can be dangerous, are known to cause drowsiness, and should not be mixed with alcohol. Due to the side effects, you should not drive or operate heavy machinery while under the influence of any narcotic pain medication. Narcotics are to be taken only as instructed and the goal is to limit the use of these medications to instances when the non-narcotic medications listed below do not control your pain. If your pain is severe, please call us.
2. **Cyclobenzaprine (Flexeril)** is a muscle relaxant prescribed to alleviate the muscular pain associated with your surgery and should be taken as instructed for the specified number of days. This medication can also make you drowsy and should not be mixed with alcohol. You should not drive or operate heavy machinery while under the influence of this medication.
3. **Acetaminophen (Tylenol)** is used for pain relief and is to be taken as instructed for the specified number of days. IF your pharmacy does not fill the prescription we send for this medication, you will need to purchase a bottle of this medication (500 mg tablets) over the counter at your local pharmacy. You should avoid drinking alcohol while taking this medication.
4. **Ibuprofen (Advil/Motrin)** is used for pain relief and is to be taken as instructed for the specified number of days. This medication is an NSAID (non-steroidal anti-inflammatory). IF your pharmacy does not fill the prescription we send for this medication, you will need to purchase a bottle of this medication (200 mg tablets) over the counter at your local pharmacy. You should stay hydrated while taking this medication.
5. **Gabapentin (Neurontin)** is a nerve pain medication prescribed to alleviate the nerve pain associated with your surgery. Please let us know if you are taking any prescription mood-altering (depression or bipolar) medications as these can potentially interact.
6. Narcotics and decreased mobility after surgery can cause constipation, thus a stool softener should be taken daily until you have your first bowel movement after surgery. If you are still taking narcotics (oxycodone) at the time of your first bowel movement, you should continue the stool softener until narcotics have been discontinued. You will need to purchase a stool softener over the counter at your local pharmacy. Our first-line choice stool softener is **Docusate Sodium (Colace)**. Laxatives such as Senna (Senokot) should be reserved for cases when constipation continues despite stool softeners. In addition to medications, sufficient fiber intake, hydration and ambulation should also be maintained in order to prevent constipation.
7. Nausea may occur postoperatively and can be a side effect of anesthesia and/or pain medications. When necessary, anti-nausea medications can be prescribed to be taken as needed. The first-line medication we prescribe is **Ondansetron ODT (Zofran ODT)**. This medication is placed on your tongue and allowed to dissolve.