Elite Plastic Surgery
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BRACHIOPLASTY

Post Operative Instructions

IMPORTANT

- You will be discharged from the hospital / surgical center the same day of surgery. You must have a responsible adult available to drive you home following the surgery and must have a responsible adult to stay with you for the first 48-72 hours following surgery.
    - The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. Therefore, you should not: stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
- If you have children, you must arrange for childcare. You will usually not be permitted to pick up children for the first 4 weeks after surgery.
- If you have pets, especially cats and dogs that shed, make sure that you are not exposed to animal dander for the first two weeks after surgery as this may lead to increased incidence of wound infection.
- To lower the risk of bleeding, swelling, and separation of your incisions your activities will be restricted during the first week.
- Bruising and swelling is normal with most procedures. However if it is progressively getting worse and the skin becomes red, dark and/or warm to the touch OR if you are experiencing pain that is uncontrollable please contact the office ASAP.
- Every few hours take a deep breath to expand your lungs.
- You may resume your pre-operative diet. Start with clear liquids, then advance to full liquids and regular food as tolerated.
- Take your prescription pain medication, anti-nausea medication as indicated. If your surgeon has prescribed an antibiotic for you, take that as direct as well. (Note that antibiotics may impair birth control pills.)
- You may resume your preoperative medications at the discretion of your surgeon.
- Only showering and/or sponge baths are allowed. Do not take a tub bath, and do not go to a hot tub, whirlpool, swimming pool or swim in any body of water.
- Be sure to get plenty of rest to allow your body to recuperate faster.
- You must walk each day, even if only for a few steps. (It is important that you get up and walk around in your house at least every 2 hours during the day to prevent developing a blood clot.)
- Do not drive while taking narcotic pain medication.
- Do not exercise until cleared to do so by your surgeon.
- The office will contact you the day after surgery to check-up on you, answer questions and book follow-up. (Friday/Weekend surgeries - patients will be called on Monday.)

After The Surgery:

- You will receive prescriptions a day before surgery, and they will be sent to the pharmacy of your choice.

- Be sure to eat something substantial prior to taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.

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- Initially, take your pain medication and antibiotics 2 hours apart. If you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.
- Take pain medication and muscle relaxer 2-4 hours apart.
- Resume all your regular medications after surgery – Avoid aspirin products for 7 days (The restart of all aspirin and Ibuprofen products will be decided upon by your doctor).
- Eat a light diet following surgery. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-aid, non acid juices).
- You may shower 48 hours after surgery.
- It is best to rest in an upright position for comfort and to decrease swelling. You can either rest in a recliner or in bed with 2-3 pillows behind your back and pillows under your arms.
- Use your elbows as needed, but do not put extra stress on your shoulders. Keep a fluffy towel folded and tucked under your armpit.
- Do not lift anything greater than 10 pounds (a gallon of milk) for 2 weeks.
- Avoid raising your arms over shoulder level or pushing or pulling anything for the first 2 weeks. (You may do your hair).
- Avoid any aerobic type of activity or strenuous exercise for 4-6 weeks.
- You can resume sexual activity at least 2 weeks after surgery, or when it is no longer painful.
- You may drive after 1 week if you are not taking narcotic pain medicine.
- You can return to work within a week as long as you have a job that does not involve heavy lifting.

Garments:

- Wear the garment 24 hours a day except when you shower in until the doctor tells you differently.
- Kotex Pads/mini pads work great to use as dressings at home.
- DO NOT use a bathtub, hot tub, swimming pool, pond or lake for 4 weeks.
- No smoking or second hand smoke-could cause tissue/skin loss.
- Absolutely NO ICE OR HEATING PADS to the surgical areas-you may freeze or burn your skin.

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ERAS POSTOPERATIVE MEDICATION SCHEDULE

EXAMPLE ONLY: surgery starts at 7:30 AM and ends at 12:00 PM

FOLLOW THE CLOCK - DO NOT WAIT UNTIL YOU ARE IN PAIN. ERAS works best when you take ALL scheduled medications that were prescribed to you at the correct times. Oxycodone and Zofran are the only medications on this handout that are taken AS NEEDED.

*** MAY NOT APPLY TO YOU: JOURNAVX, Lovenox are only used when prescribed.**

BEFORE SURGERY - JOURNAVX* (only if prescribed)

JOURNAVX loading schedule: For a 7:30 AM surgery, follow the example below. Your third dose is taken before you leave home; all later doses are every 12 hours from that dose.

WHEN	EXAMPLE CLOCK TIME	TAKE
24 hours before surgery	**7:30 AM - day before**	2 tablets (100 mg total)
12 hours before surgery	**7:30 PM - night before**	1 tablet (50 mg)
Before leaving home for surgery	**Example: 5:30 AM - surgery day**	1 tablet (50 mg)
12 hours after the leave-home dose	**Example: 5:30 PM**	1 tablet (50 mg)
Continue every 12 hours	**5:30 AM / 5:30 PM**	1 tablet (50 mg) each dose

JOURNAVX food note: Take the first dose at least 1 hour before or 2 hours after food. From the second dose on, JOURNAVX may be taken with or without food. Avoid grapefruit while taking JOURNAVX.

AFTER SURGERY - CLOCK-BASED HOME MEDICATION SCHEDULE

EXAMPLE ONLY: This schedule shows a surgery ending at 12:00 PM. Your actual clock times will depend on when YOUR surgery ends. Use the relative timing in parentheses to shift the schedule to your own surgery time.

EXAMPLE CLOCK TIME / RELATIVE TIMING	TAKE ALL THAT WERE PRESCRIBED TO YOU
12:00 PM (EXAMPLE: surgery ends)	**START HERE: This is the reference point for the example below. If your surgery ends at a different time, shift each clock time using the relative timing shown in parentheses.**
2:00 PM (2 hrs after surgery)	☐ Tylenol 1,000 mg ☐ Toradol 10 mg ☐ Gabapentin 100 mg ☐ Antibiotic - Keflex 500 mg or prescribed alternative ☐ Colace 100 mg + Senna 8.6 mg
4:00 PM (2 hrs later)	☐ Flexeril 5 mg
5:30 PM (12 hrs after AM JOURNAVX)	☐ JOURNAVX 50 mg*
8:00 PM (6 hrs after 2 PM)	☐ Toradol 10 mg ☐ Tylenol 1,000 mg - if under age 50
10:00 PM (8 hrs after 2 PM)	☐ Gabapentin 100 mg ☐ Antibiotic - Keflex 500 mg or prescribed alternative ☐ Tylenol 1,000 mg - if age 50+
12:00 AM (8 hrs after Flexeril)	☐ Flexeril 5 mg
2:00 AM (12 hrs after 2 PM)	☐ Toradol 10 mg ☐ Tylenol 1,000 mg - if under age 50 ☐ Colace 100 mg + Senna 8.6 mg
5:30 AM (12 hrs after JOURNAVX)	☐ JOURNAVX 50 mg*
6:00 AM (8 hrs after 10 PM)	☐ Gabapentin 100 mg ☐ Antibiotic - Keflex 500 mg or prescribed alternative ☐ Tylenol 1,000 mg - if age 50+
8:00 AM (8 hrs after Flexeril)	☐ Flexeril 5 mg ☐ Toradol 10 mg ☐ Tylenol 1,000 mg - if under age 50

Spacing reminder: Gabapentin and Flexeril stay at least 2 hours apart. JOURNAVX may be taken at the same time as either one. Oxycodone is PRN and must stay at least 2 hours from both gabapentin and Flexeril.

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ERAS POSTOPERATIVE MEDICATION SCHEDULE

Medication key and important timing notes

SCHEDULED vs. AS NEEDED: Tylenol, gabapentin, Flexeril, antibiotic, Colace, Senna, and Toradol, and any prescribed JOURNAVX or Lovenox are part of the scheduled ERAS plan. Oxycodone and Zofran are the only AS-NEEDED medications on this handout.

WHAT EACH MEDICATION DOES

MEDICATION	PURPOSE	TIMING / IMPORTANT NOTE
Tylenol (acetaminophen)	Pain relief	1,000 mg every 6 hours if under age 50; every 8 hours if age 50+. Age 50+: do not exceed 3,000 mg/day. Under age 50: do not exceed 4,000 mg/day.
Gabapentin (Neurontin)	Nerve pain	100 mg every 8 hours. Helps with itching, burning, tingling, numbness and sharp/shooting pain. May cause drowsiness.
Flexeril (cyclobenzaprine)	Muscle relaxer	5 mg every 8 hours. May cause drowsiness. Do not drive while taking it.
Toradol (ketorolac)	Anti-inflammatory / pain relief	10 mg every 6 hours for the prescribed course. Do not take additional ibuprofen/Advil/Motrin or other NSAIDs while taking Toradol unless your surgical team tells you to.
Antibiotic - Keflex (cephalexin) or prescribed alternative	Prevents/treats bacterial infection	Take the antibiotic you were prescribed every 8 hours. If using a probiotic, separate it from the antibiotic by 2 hours.
Colace + Senna	Constipation prevention	Take every 12 hours. These two medications may be taken together.
JOURNAVX (suzetrigine)*	Non-opioid pain medication	Loading schedule begins 24 hours before surgery, then continues every 12 hours after the leave-home dose. Insurance coverage may vary.
Lovenox (enoxaparin)*	Blood clot prevention	Only for patients/procedures when prescribed. Start the day AFTER surgery and inject once daily for the prescribed course (your office instructions currently note 14 days if insurance covers).

AS-NEEDED MEDICATIONS

Oxycodone 5 mg - AS NEEDED: Take every 4-6 hours as needed for breakthrough/general pain. Keep oxycodone at least 2 hours away from BOTH gabapentin and Flexeril. Do not drive while taking oxycodone.

Zofran (ondansetron) 4 mg - AS NEEDED: Take every 6-8 hours as needed for nausea or vomiting.

IMPORTANT SAFETY / TIMING RULES

- Take every SCHEDULED medication that was prescribed to you at the listed time - even if your pain is controlled.
- Gabapentin and Flexeril are scheduled, but keep them at least 2 hours apart. If you need oxycodone, keep it at least 2 hours from BOTH gabapentin and Flexeril.
- JOURNAVX does NOT need to be separated from gabapentin or Flexeril and may be taken at the same time as either medication.
- Not every medication applies to every patient. JOURNAVX and Lovenox are marked with an asterisk because they may not be prescribed to you.
- Medication type may change because of an allergy or other medical reason. For example, take the antibiotic actually prescribed to you even if it is not Keflex.
- If you miss a dose, vomit a dose, have a medication reaction, or are unsure what to take, call the surgical team before changing the schedule or doubling a dose.