

Elite Plastic Surgery

ROZBEH TORABI, MD ■ RADBEH TORABI, MD ■ RAMIYAR TORABI, MD ■ KRISTA SINCLAIR, FNP-C, RNEA
Scottsdale | 8322 East Hartford Drive Suite 102 Scottsdale, AZ 85255 | Tel: (480) 291-6895 | Fax: (480) 948-3750
Chandler | 1120 S. Dobson Rd. Suite 110 Chandler, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

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 directed 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.

Medications Prescribed (not all medication may apply)

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Scheduled Medications:

Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow prescription ordered) is an antibiotic you must take for a total of 5 days.

(*May not apply to you) Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery) is used for prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.

Tylenol (Acetaminophen) (Age GREATER than 60: 1000 mg every 8 hours) (Age LESS than 60: 1000 mg every 6 hours).

Highly Recommended: Scheduled Medication over the counter

Docusate Sodium (Colace) AND Senna: Stool softener: start one day following your surgery EVERY DAY if you're taking narcotic pain medication.

Magnesium hydroxide (Milk of Magnesia): Bowel Stimulant start one day following your surgery if you have not had a bowel movement since surgery. These may be taken together with Senna and Colace.

As needed:

Anti-inflammatory: Toradol (ketorolac) (started day of surgery as needed, please follow prescription ordered) This is a different form of Ibuprofen so please stay away from other anti-inflammatory while taking this medication.

Nerve Pain: (itching/burning/tingling): Gabapentin (Neurontin) (started day of surgery as needed, please follow prescription ordered) is used for pain relief every 12 hours. Please let us know if you are taking any prescriptions for mood-altering (depression or bipolar) medications as these can potentially interact.

Muscle Relaxer: Cyclobenzaprine (Flexeril) 5mg (started day of surgery as needed, please follow prescription ordered) is a muscle spasm medication.

Narcotic Pain Reliever: Oxycodone 5 mg (started day of surgery as needed, please follow prescription ordered) is an oral narcotic prescribed to manage your pain.