

Brachioplasty (Arm Reduction)

Postoperative Instructions

DIET

You may eat a normal diet. However, start with clear liquids and bland foods such as toast and crackers and advance to more normal food as tolerated.

ACTIVITY

No strenuous activity for 4 weeks.

No heavy lifting (more than 10 pounds) for 4 weeks. You may begin light exercise 2 weeks after surgery.

WOUND CARE

Leave dressings in place. They will be removed at your first postoperative visit.

You may shower after the first postoperative visit and your dressings have been removed. The incisions can get wet, just pat the area dry. Please do not bathe, swim or soak your incisions for at least 6 weeks after surgery.

If you have surgical drains in place, be careful to support them so they do not accidentally come out. Empty and measure the drainage every 12 hours. Keep a written record of the drainage and bring it with you to your office visits.

After your first postoperative visit, redress the incisions and drain sites with Polysporin antibiotic ointment and dry gauze daily for 3 days followed by Vaseline after 3 days

Wear the compression garment continuously for two weeks. For the third and fourth weeks, you may remove garment when sleeping.

No sun exposure for 2 weeks. Avoid direct sun exposure for at least 6 months after surgery. It is best to use sunscreen on the portions of the incisions that are exposed.

MEDICATIONS

Take the pain medicine as prescribed. For the first 24 to 48 hours you will be more comfortable if the medicine is taken on a regular schedule rather than waiting long periods between doses.

WHAT TO REPORT TO YOUR DOCTOR

- Unusual or severe pain unrelieved by your medication.
- Excessive bleeding or continued bleeding not decreasing over time
- Excessive swelling and or redness of the surgery site
- Persistent vomiting, excessive arm swelling or pain
- Discomfort from a full bladder or have not urinated in 8 hours
- Temperature over 101° F

FOLLOW-UP APPOINTMENT

Your follow-up appointment with Dr. Mark Leyngold is scheduled for _____.

For any problems, concerns or questions, please CALL THE OFFICE at (208)900-4673. Follow the instructions for the doctor on call. If you feel your symptoms are an emergency, go to the Emergency Room closest to you or call 911.

A GUIDE TO YOUR PRESCRIPTION MEDICATIONS

Medications after surgery: Take as directed:

Prescription:

CELEBREX (Celecoxib) 200mg: One tab by mouth two times daily.

NEURONTIN (Gabapentin) 300mg: One tab by mouth three times daily.

Over the Counter:

TYLENOL (Acetaminophen) 1000mg: 1000mg by mouth every eight hours.

IF pain is uncontrolled with the above medication:

Prescription:

OXYCODONE: 5mg: One tab by mouth every 6-8 hours as needed for breakthrough pain.

INSTRUCTIONS FOR SURGICAL DRAINS

- This is a special drain that prevents body fluid from collecting near the site of your surgery by pulling fluid by suction to the bulb.
- Initially, the fluid may appear bloody. As you heal, the fluid will change to light pink, light yellow, or clear.
- The drain will stay in place until less than 20cc of fluid is collected over 24 hours, two days in a row. Depending on the amount of drainage, the bulb will need to be emptied every 8-12 hours, or when the bulb is half full.
- Drains should be supported at all times, including showering, You may support them with safety pins, ribbon, or attached to a belt.

HOW TO EMPTY THE DRAIN:

- After washing your hands with soap and water, removed the plug from the bulb. The fluid should be measured using the marked levels on the bulb, the fluid should then be emptied.
- Clean the plug with alcohol, squeeze the bulb flat, and plug the bulb so a vacuum suction can be maintained.
- Record the output on your drain log.

HOW TO CARE FOR THE SKIN AND DRAIN SITE

- After washing your hands with soap and water, remove the dressing from around the drain.
- Cleanse the area with soap and water with a Q-tip or gauze.
- Once dry, re dress the site with clean dry gauze and surgical tape.

COMPLICAIONS AND SIGNS OF INFECTION TO REPORT:

- Should fluid leak from around the drain site, gently remove the gauze, cleanse the area, and re dress. Check that the drain is squeezed flat to create suction.
- If a clot appears within the drain, (it will appear as a dark string), the tubing should be stripped as instructed.
- Symptoms of possible infection include: increased redness, increased pain, increased swelling, foul smelling drainage, and temperature greater than 101°F.
- Symptoms of infection should be reported as soon as possible. Sudden filling of the drain with blood should also be reported.
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For any further questions or concerns, please call the office at: (208)266-5033

Marena Compression wear:

<https://marenagroup.com>.

Operating hours of Monday-Friday, 8am-7pm EST. Our Fax is 678-802-6371 or Call 888-462-7362



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SIZE

2XS	XS	S	M	L	XL	2XL
3XL	4XL					

COLOR



QTY

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