

## **Brachioplasty Instructions**

### **BEFORE SURGERY**

Medications- Please provide a current list of all medications, vitamins, and herbal supplements you are taking. Three weeks prior to surgery stop all non-steroidal anti-inflammatory medications (NSAIDS) and arthritis medications. If you have questions please ask the doctor.

Smoking - It is very important to stop smoking 3 months before and 3 months after surgery. Nicotine causes vasoconstriction of blood vessels which lead to decreased nutrients and blood supply to the tissues. This will lead to delayed wound healing, poor scarring, and additional surgery.

Illness - If you develop symptoms of a cold, cough, flu, or infection prior to surgery, notify our office.

Compression garment - Ace bandages will be applied immediately after surgery. You may remove these to shower. Re-wrap the ace bandages starting below the elbow. The ace wraps should feel snug, not tight.

Diet- Nothing to eat or drink after midnight the day before surgery. Dr. Stratis will tell you which medications you may take the morning of surgery.

Arrival time - The surgery center will call you the day before surgery (or Friday before surgery if your surgery is on a Monday) to give your arrival time. You will need someone to drive you home.

Contact person - Please let us know what phone numbers you can be reached at before and after surgery.

### **DAY OF SURGERY**

Dress - Wear something comfortable with loose sleeves, front buttons, or zipper. No pullovers. Take glasses case or contact lens case with you. Label with your name.

No makeup, jewelry or nail polish.

Remove all piercings.

Have a driver to take you home.

### **AFTER SURGERY**

Dressings - You will have ace bandages over plastic coated dressings or gauze. These will be removed in the office in one or two days. Keep the ace bandages in place until your first office visit after surgery. Once the dressings are removed you may shower and get the incisions wet. Wash incisions with soap and water and pat dry. Apply a thin layer of bacitracin ointment and replace dry gauze as needed (or sanitary pads) to catch drainage. Re-wrap with ace bandages or support knee high stockings with toes cut out. Wash your hands before and after changing any wound dressings.

Drains - You may have one drain in each arm. These will be removed in the office when the drainage decreases. You will be given a record sheet to write down the date, time, and amount of drainage. You will be instructed how to care for the drains. Wash your hands before and after caring for the drains.

Activity - Walking is fine. No heavy lifting for three weeks after surgery. Do not lift your arms above your head. Keep your arms down at your sides as much as possible. Dr. Stratis will discuss with you time needed off work. You may take stairs as tolerated. You may drive when you feel safe and in control of the vehicle. You may resume sexual activity when you feel it is appropriate.

Pain management - You will be given a prescription for pain medication. Use as needed every 4-6 hours for pain. Light ice packs can be used on your arms. Place ice cubes in quart size ziplock backs or use small packages of frozen vegetables. Apply these over the ace bandages.

Scar care - When your incisions are healed you will be given scar care instructions.

### **THINGS TO REPORT TO OUR OFFICE**

1. Severe pain unrelieved by medication.
2. Temperature of 100 degrees or greater.
3. More swelling of one arm than the other.
4. Nausea or vomiting.

Should any of these conditions exist, or should you have concerns about your surgery, you can reach the office at 717-728-1700 or Dr. Stratis on his cell number 717-574-2116.