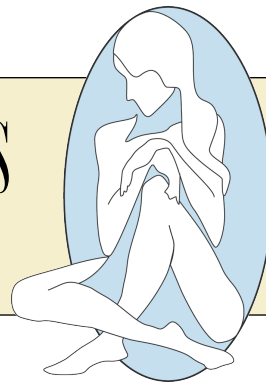


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## Guidelines for brachioplasty

### Before your surgery

- Maintaining a well balanced diet will facilitate optimal healing. It's also important to keep well hydrated the days leading up to surgery.
- Stop smoking at least 3 months before surgery. Nicotine reduces blood flow to the skin and can cause significant complications during the healing process.
- Stop taking blood thinning medications, herbs, and supplements 10 days before surgery. Please refer to the provided list.
- Schedule any pre-operative testing and medical clearance examinations required by Dr. Lowenstein. EKG needs to be within 6 months and blood work within 2 weeks.
- Plan accordingly. Secure a responsible adult to drive you to and from surgery and remain with you for a minimum of 24 hours. Plan to stay in a hotel in town if you are from out of town.
- Discuss with Dr. Lowenstein the amount of time needed off work and other restrictions such as driving, lifting, housework, and exercising.
- We will provide you with your prescriptions at your pre-operative appointment. Bring your prescribed pain medication to the office day of surgery.
- You may find it helpful to have lozenges, crackers, soup and other comfort foods available for after surgery.
- Maintain optimal health and hygiene. A cold, virus, or other illness may require your surgery to be rescheduled. Call the office if any illness or change in health status arises.
- Maintain proper skin care. This includes daily use of sunscreen or sunblock. Also, wash your arms with an antibacterial soap twice a day starting two days before surgery.
- Shower the night before and the morning of surgery using antibacterial soap. Do not apply any lotions, or deodorant day of surgery.
- You may not eat or drink anything after midnight, including candy, gum, and mints. Only take medications cleared by Dr. Lowenstein.
- Wear loose-fitting, comfortable clothes that do not need to be pulled over your head and easy-to-slip-on flat shoes.
- Do not wear makeup, jewelry, contact lenses, or body piercing. If there is an item unable to be removed, advise the admitting nurse.
- It is very common to be nervous. Try to get adequate rest and avoid unnecessary stress. Call us if you are experiencing serious stress or difficulty sleeping.

- Your anesthesia provider will call you the night before surgery and will also see you morning of surgery. Morning of surgery you will also see Dr. Lowenstein's nurse and Dr. Lowenstein. If you have any questions in the meantime, do not hesitate to call our office.

## **After your surgery**

### **Immediately after surgery you can expect:**

- Feeling drowsy following waking up from anesthesia.
- Sore throat.
- Swelling and bruising of your thighs. You may also experience a “tight” sensation. It will be tender to walk and sit initially.
- Usually temporary loss of sensation of the skin of your inner thighs.
- Moderate discomfort.
- You will have a compression garment or a wrap on your arms.
- There will be small pieces of tape over the incisions, eliminating the need for any wound care.

### **Call the office at (805)969-9004 promptly if you are experiencing:**

- Pain not controlled by the prescribed medication.
- Excessive or sudden swelling at one site.
- A temperature higher than 101 °F.
- Severe nausea and vomiting.
- Pain in calf, knee, groin or shortness of breath.
- Continuous dizziness or unusual behavior.
- Any other questions or concerns.

### **Day of and day after surgery**

- Rest, yet keep moving. Rest is important, although it is equally important to walk inside for 5-10 minutes every couple of hours while awake.
- Keep your arms elevated as much as possible.
- Take the pain medication, as directed, to address any discomfort. The period of greatest discomfort does usually not last longer than 24-48 hours. If you experience consistent, sharp pain that is not relieved by the pain medication, call the office.
- Remember that your pain medication can constipate you, take measures to counteract that.
- Take other prescribed medications as directed.
- Check under the dressings every 2-3 hours and assess for excessive swelling.
- Drink plenty of fluids, 8 oz every couple of hours. Make sure to replenish electrolytes.
- Do not drink any alcohol.
- Do not do any lifting.
- You may shower after your post-operative visit with Dr. Lowenstein day after surgery. Do not submerge your body in water.

- Keep wearing provided compression garment or wrap day and night.
- Stay nicotine free for three weeks after surgery, as nicotine can adversely affect your ability to heal.

## **2 to 7 days following surgery**

During this time you can expect to slowly progress day by day.

- Dr. Lowenstein will advise you as to when you can begin to drive and return to work or a regular routine at home.
- Continue a well-balanced diet with adequate hydration.
- Avoid exposure to sun and heat.
- Continue to take prescribed medications as directed.
- Transition from prescribed pain medication to an over the counter alternative. Dr Lowenstein can guide you with this.
- Keep wearing provided compression garment or wrap day and night.
- Continue to keep your arms elevated as much as possible..
- Avoid exercise except for walking. Leisurely daily walks will help you feel better and prevent blood clots.
- Make sure to get up and move every 30 minutes while awake.
- Continue no smoking and no alcohol.
- Continue not to take blood thinning medications. See provided list (Aspirin, Advil, Aleve etc).

## **1 to 4 weeks following surgery**

Healing is a gradual process. It is normal to feel discouraged while waiting for swelling, bruising, discomfort, and numbness to diminish. Extra rest, a nutritious diet, and avoidance of stress are important aids to recovery. Once cleared by Dr. Lowenstein, you may take Aspirin, Advil, Aleve etc (see list) at this time.

- Maintain a well balanced diet, use of sun block, and rest.
- Tape over incisions will fall off 2-3 weeks after surgery.
- Keep wearing compression garment or wrap day and night.
- Once cleared through Dr. Lowenstein, you may begin to ease in to your workout routine.
- Continue to avoid exposure to sun and heat.
- Continue no smoking.

## **4 to 6 weeks following surgery**

Overall swelling continues to subside and you will begin to settle in to your natural appearance. Tenderness, tightness, skin numbness, or bruising (if remaining) will continue to diminish.

- You may submerge your body in water, following complete healing of your incisions.
- You can stop wearing your compression garment or wrap.

**The first year**

Continued refinements in the appearance of your arms may take up to a year. Appearances continue to change with age. Just as other areas of your body may change with age, so can your arms.

- Avoid direct sun exposure to scars the first year.
- Call our office if you notice a stitch coming up like a bristle brush along your scar. If the area around the stitch looks red and irritated, you may need antibiotics.
- Call our office if your scar becomes raised and/or ropy.

**Please be sure to call us if you have any questions or concerns.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Witness \_\_\_\_\_

## MEDICATIONS TO DISCONTINUE 10 DAYS PRIOR SURGERY THROUGH 7 DAYS AFTER SURGERY

Please read the labels of any medications you are taking. If you are unsure whether or not you can take a particular, please give the doctor or nurse the name of the medication. Please notify us of ANY and ALL medications you are currently taking, including over the counter medicines. You must discontinue any herbal remedies and supplements.

Advil,	Coricidin,	4 Way cold tablets,	Sine Aid,
Aleve,	Coumadin,	Goody's headache	Soma,
Alka Seltzer,	Darvon,	powder and tablets,	Tolectin,
Alcohol,	Dicumarol,	Ibuprofen, Indomethacin	Toradol,
Anacin,	Disalcid,	Lodine,	Trandate,
Anaprox,	Dolobid,	Lovenox,	Trental,
Ansaid,	Dristan,	Meclomen,	Trilisate,
Aspirin,	Duradyne,	Medipren,	Vanquish,
BC Tablets or powder,	Dristan,	Midol,	Vicoprofen,
BC Cold powder,	Easprin,	Monogesic,	Vitamin E,
Brufen,	Ecotrin,	Motrin,	Voltaren,
Bufferin,	Empirin,	Naprosyn,	Warfarin,
Buffex,	Equagesic,	Pepto Bismal,	Wesprin,
Cama arthritis pain	Enoxaparin,	Percodan,	Zavtrin,
reliever,	Excedrin,	Persantine,	Zoprin
Celebrex,	Feldene,	Robaxisal,	
Cephalgesics,	Florinal,	Rufen,	
Cogesprin,	Flurbiprofen sodium,	Salflex,	

The diet drug known as Phen-Fed is marketed under the following generic and brand names. If you are on any of these drugs please inform this office. You must be off these drugs for at least two weeks prior to surgery, or your surgery will be canceled.

PHENTERMINE	Phentride	Zantryl
Adipex-P	Phentride Caplets	Ephedra
Duromine	Phentrol	Ephedra
Fastin	Phentrol-2	Ephedrine
Oby-Mat	Phentrol-3	MaHuang
Oby-Nix	Phentrol-5	Meridia
Oby-Trim	T-Deit	Ginko
Panshape	Teramin	St. John's Wort
Phentercot	Wilpower	