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**PRE AND POST-OPERATIVE INSTRUCTIONS:  
*Brachioplasty***

**Before Surgery:**

1. Arrange for transportation to and from the office or Surgery Center and for a responsible adult to stay with you for several hours following surgery.
2. **Two weeks before surgery, discontinue and avoid taking aspirin containing products** (aspirin, Bufferin, regular Anacin, Fiorinal, Easprin, Aspirin with codeine, Darvon compound, Soma compound, and all Alka-Seltzer products).  
**Five days before surgery, discontinue all anti-inflammatory drugs** such as Advil, Aleve, Clinoril, Feldene, Indocin, Meclomen, Naprosyn, Motrin, and Relafen.
3. **You may take** Tylenol, Datril, Panadol, or Anacin III as needed.

**Day of Surgery:**

1. Please **do not** eat or drink anything after midnight except as noted below.
2. You may take your usual morning medications with a sip of water.
3. Please shower the morning of surgery; remove contact lenses.
4. Wear comfortable clothing (loose blouse, button-down shirt).

**Day One Post-Operative:**

1. The most important thing to do on the day of surgery is to relax and rest. During the day, rest in either an easy chair or in bed with your arms by your side supported by pillows. **When you go to bed, sleep with pillows under your arms and elbows to keep them elevated. Your head and back may be elevated with 2-3 pillows if more comfortable.**
2. **Every hour**, while awake, exercise your hands and calves by squeezing the muscles for 10 minutes to keep the blood circulating in your arms and legs.
3. Take your prescribed pain medication as needed to remain comfortable. If you have nausea or vomiting use the suppositories or tablets as directed.
4. **Drink plenty of liquids** (at least 8 ounces every two hours, WHILE AWAKE). Avoid alcohol and caffeine (these substances hinder tissue healing). Try to avoid excessive straining if you have a bowel movement.
5. Do not attempt to do any work around the house. Avoid lifting or straining or stretching of your arms.
6. You may adjust your support garment as needed for comfort. It should be snug but not uncomfortable.

7. **Empty your JP drains at 8am and 8pm and record. Record the output and empty them at any time in between 8am and 8pm, should they become full.**
8. The following should prompt a *call to your physician* at the numbers listed below:
  - Difficulty breathing
  - Pain or nausea/vomiting unrelieved by the medications
  - Inability to urinate
9. Okay to sponge bath, ***No Showering or Tub Soaking while drains are present.***

#### **Day Two:**

1. Replace the gauze sponges around the drains and incisions as necessary if soiled.
2. Ambulation is begun carefully. Full arm extension may not be possible during the first week.
3. Opinion Continue to drink plenty of liquids and start solid foods slowly, as tolerated.
4. **The support garment should be worn at all times.**

#### **Day Three:**

1. Most patients are starting to feel better by this day, though you will still feel tired and sore.
2. ***The support garment should be worn at all times for two weeks.***
3. Okay to shower today if you did not require drains.
4. Driving or operating machinery must be avoided for at least the first week and while taking narcotic pain medication or if unable to painlessly make the body movements required for driving safely.
5. Keep all follow-up appointments with your physician.

**Your physician may be reached for urgent problems or questions by paging him directly at (916) 973-6100. If you do not receive a response, call the hospital operator at (916) 973-5000 and ask them to contact your physician at home or the “plastic surgeon-on-call”.**