Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

Brachioplasty – Pre and Post-Op Instructions

Pre-Operative Instructions

1.Do not take any aspirin products or NSAIDs (such as Motrin, Advil, Aleve) or Vitamin E for 3 weeks prior to or after surgery. These medications thin the blood, causing you to bleed and bruise more. You may take Tylenol for pain. See our separate list of medications to be avoided.

2.Do not smoke for three weeks before or after surgery.

3.Do not drink alcohol for three weeks before or after surgery.

4.DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. No Exceptions.

5.Please wear a top that fastens in the front with buttons or a zip and pull-on pants on the day of surgery. Sweats work well. Wear flat, slip-on shoes - no high heels and no sandals or flip-flops.

6.Please do not wear make-up, hairspray, jewelry, panty hose, or contact lenses. Please remove all piercings including body piercings.

7.Shower and shampoo with anti-bacterial soap on your day of surgery. Do not apply body creams, lotions, oils or any kind of deodorant.

Post-Operative Instructions

1.Your surgery will take approximately 3-4 hours. After surgery you will go to the recovery room until you have recovered sufficiently to be discharged.

2.If you are having outpatient surgery, someone must drive you home and, for your safety, remain with you for the first 24 hours.

3.We will instruct you on what type of surgical garment to purchase and when and how to wear it. Please bring your garment with you to the hospital.

4.Do not put your head below your heart. Do not do any strenuous activity or housework. Do not strain during a bowel movement. Do not take pain medication on an empty stomach since it may cause vomiting. All these factors will raise your blood pressure and may cause bleeding.

5.You will receive instructions for scar management at your follow-up visits.

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6.For 2 weeks after surgery, keep your arms, from the shoulder to the elbow, at your sides as much as possible. Avoid any heavy lifting or reaching above your head. Sleep on your back for 48 hours to prevent any undue pressure on your arms. No stick-shift driving for 2 weeks. You may resume most of your normal activities within 2 weeks.

7.Six weeks after surgery, you may resume strenuous activities such as heavy lifting, bowling, golf, tennis, swimming, running, etc., if you can tolerate them comfortably.

8.If you should have any questions, please call the office at 203-838-884.