

BARRY J. COHEN, M.D., P.C.

Brachioplasty/ Liposuction of Arms **Post Op Discharge Instructions**

Please review the following discharge instructions and be sure that you understand them. If you have any questions, please contact our office at 301-656-6398.

- You may sponge bathe the day after surgery, but do not get the incision sites wet
- You may resume showers 48 hours after surgery; remove the ace wraps and pads to let the water hit the arms but do not scrub the incision site, after the shower pat the incision dry and reapply the ace wraps.
- After surgery you will have some drainage from the incision sites. You will need to change the pads every 24 hours or as needed until the drainage ceases.
- Elevate both arms up on pillows at your sides. Move your fingers and wrist to promote and assist with circulation.
- It is common to have swelling and bruising to the arms and finger after surgery. You may need to loosen the ace wraps if they become increasingly tight.
- You should avoid lifting, pulling, or pushing for three weeks.
- Do not take any medications containing aspirin or Motrin for the first two weeks after surgery
- You will need to increase your fluid intake (i.e. water, gatorade, or gingerale etc.) to help prevent dehydration
- A fiber supplement is needed to help decreased the risk of constipation related to usage of pain medications
- It is very important to walk around the house every hour that you are awake. This will help to prevent blood clots from forming in your legs. You will be given TED stockings the day of surgery. They need to remain on until the evening after surgery.
- If you do not urinate within eight hours after surgery you will need to get a catheter place to empty your bladder. You will need to come to the surgery center during business hours or go to the nearest emergency room after hours
- Deep breathing every hour while awake to promote full lung capacity. It may hurt to take deep breathes after surgery, but it is essential to help prevent the possibility of pneumonia
- You may eat light foods the day of surgery such as toast, crackers, soup, jello, etc. Greasy foods may cause nausea and vomiting. The day after surgery you may increase your diet as tolerated
- **ABSOLUTELY NO SMOKING!** Smoking will compromise blood flow to the surgical area, which can cause delay in the normal healing process.

PLEASE CALL THE OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR

- Please note that you may have a low-grade fever related to surgery. If the fever is 101.1 or above please contact the office
- If you are short of breath that is not relieved by sitting in the upright position.
- Significant bleeding or drainage from the surgical site
- If there is significant swelling in the fingers

Please contact the surgeon's assistant at 301-656-6398 to make your one week post op follow up.

THE SURGERY CENTER WILL CONTACT YOU ON THE NEXT BUSINESS DAY TO CHECK ON YOUR STATUS AND ANSWER ANY QUESTIONS OR CONCERNS THAT YOU MIGHT HAVE.