



# Restifo Plastic Surgery

PLASTIC & RECONSTRUCTIVE SURGERY

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## Brachioplasty Postoperative Instructions

- ◆ Please call our office at 203.772.1444 to schedule a postoperative visit if you have not already done so.
- ◆ Keep pressure dressings in place until you are seen in the office. Do not get the dressings wet. Tub or sponge-bathe only. You will be able to shower after the dressings are removed.
- ◆ If you have drains, please empty them and record output every 8 hours or as needed. “Milk” or strip the tubes and return to bulb suction. Please bring the record with you to the office.
- ◆ You have been prescribed the following medications:
  - \_\_\_\_\_ . Take \_\_\_\_\_ tablet(s) by mouth every \_\_\_\_\_ hours as needed for ***pain***.
  - \_\_\_\_\_ . Take \_\_\_\_\_ tablet(s) by mouth every \_\_\_\_\_ hours as needed for ***nausea***.
  - \_\_\_\_\_ . Take \_\_\_\_\_ tablet(s) by mouth \_\_\_\_\_ times a day until finished. ***This is your antibiotic.***
- ◆ You may resume a regular diet as tolerated. It is important to drink plenty of fluids.
- ◆ Take Colace 100 mg two times daily in order to prevent constipation resulting from use of pain medication. This can be purchased over the counter at your local pharmacy. If you do not have a bowel movement within 2-3 days of your surgery you may take milk of magnesia.
- ◆ Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, Excedrin, Fish Oil and Vitamin E for one week following surgery.
- ◆ ***We encourage you to walk as early as the day of surgery for at least 10 minutes every hour.*** No heavy lifting > 5 pounds, pulling, or pushing for one month. . You may ride a stationary bike 2-3 weeks after surgery. No high impact aerobic exercise or upper body workout for 6 weeks.
- ◆ No driving for a ***minimum*** of two weeks.
- ◆ We recommend the use of Tegaderm for scar therapy. This will be applied after your surgery and used for 2-3 months postop. Additional sheets can be purchased online at [www.amazon.com](http://www.amazon.com). Search for 3M Tegaderm Transparent Dressing with Label 4” x 4 ¾ “
- ◆ You will begin daily wound care after your first preoperative visit. Use Q-tips to gently apply hydrogen peroxide to suture line; then apply bacitracin and gauze. Replace ace bandage. Do this until you start scar therapy.
- ◆ Other: \_\_\_\_\_



**If you have any questions, please call us at (203) 772-1444.  
200 South Orange Center Road, Orange, CT 06477**