



John T. Lindsey

M.D., F.A.C.S.

Plastic & Reconstructive Surgery

BRACHIOPLASTY INSTRUCTIONS

Brachioplasties generally give improved contour in the arm areas for patients who have wing-like draping excesses of skin. The scar is extensive and extends from the apex of the axilla to the inner elbow. Please let me know if you have carpal tunnel syndrome or Raynaud's phenomenon, as these conditions may be aggravated by brachioplasties. Because the arms are a highly mobility area, scars may widen, and irregularities may occur.

Your attention to these details is very important and will help assure the best possible result for you.

AFTER SURGERY

1. Keep the operation sites clean and dry for 24 hours. It is OK to loosen or adjust the Ace wraps or compression garment as needed for comfort. After 24 hours, please remove all dressings, including the yellow gauze strips. It is OK to take a sponge bath at that time. Light showers are permitted after 24 hours. Expect some drainage on all dressings.
2. After showering, apply Mupirocin ointment (**or** plain Neosporin) to both incisions and cover with clean dressings. You should hold the dressings in place with an Ace wrap or your compression garment. To prevent hand swelling, the upper extremities should be wrapped from the hands to the shoulders. Do not use tape or other adhesives on the arms, as these will blister and tear the skin. Someone will have to assist you in order to properly apply the dressings and Ace wraps.

3. Change all dressings daily. Adjust the Ace wraps as needed for comfort. No lifting more than 10 lbs. No strenuous activities. No exercise for 6 weeks after surgery.
4. Do not drive until Dr. Lindsey permits (you must be off all narcotic medication).
5. For the first 24 hours – Do not sign any legal documents or operate machinery. Have a responsible adult help you, and take it easy. Pillows under each arm while in bed improve comfort.
6. Clear liquids first. If no nausea, progress to a regular diet as tolerated.
7. Take medication as ordered. Please see the medication dosing regimen recommended by Dr. Lindsey. ***For the Enhanced Recovery after Surgery regimen to be effective, it must be followed as prescribed.*** Do not take pain medication on an empty stomach.
8. Avoid alcoholic beverages. Smoking is prohibited.
9. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.
10. Call Dr. Lindsey at (504) 885-4508 (office) or (504) 495-5937 (cell) for: obvious bleeding, swelling or hardness of the arms, fever over 101.5 degrees, redness, swelling or pus at the wound, persistent vomiting, or any problems or questions.
11. Please schedule your appointment approximately one week following your surgery.