



DES MOINES
PLASTIC
SURGERY
DAVID ROBBINS, M.D.

Brachioplasty Post-op Instructions

1. Arrange to have someone at home with you during the first **24 hours** post-operatively and have them **review** these instructions.
2. Keep Ace wraps on for 24 hours. After 24 hours, you may remove the dressings and wraps to shower. Pat incisions dry after showering and rewrap the arms firmly with the ACE Bandages. **Continue to wrap the arms with the ACE bandages for 2 weeks.** Do not soak the incisions in a tub for 3 weeks. **It is very important to keep the under arm/armpit incisions clean and dry.**
3. Elevate the arms on pillows for the first week to reduce swelling. Ice packs may be applied 20 minutes on and 20 minutes off for the first 3 days to help with comfort and swelling. You may experience numbness to the skin for several months after surgery which is normal.
4. No lifting more than **20 pounds for 4 weeks. No exercise or anything strenuous for 4 weeks. You may walk leisurely only.**
5. You may experience **moderate pain** for 3-5 days. You have been given a prescription for narcotic pain medication to take **as needed**. You may take **1 pain pill every 4 hours or 2 pain pills every 6 hours as needed for pain with food; DO NOT take these with Tylenol..** These medications may make you drowsy. Do not drive a car while taking these. **Do not take Advil/Motrin/Aspirin/Aleve/Excedrin for 3 days. After 3 days,** you can take Ibuprofen (Motrin) 600mg- 800mg every 8 hours as needed for pain with food. Do not take Ibuprofen if you have an allergy to NSAIDS, have stomach ulcers, or kidney disease. You may ice for discomfort; 20 minutes on and 20 minutes off.
6. You may experience nausea. Crackers, toast, and other bland foods are recommended to be eaten first, advance your diet as tolerated. A well balanced diet is important for the healing process. **If your nausea is severe and you are unable to keep any fluids or medications down, please contact Dr. Robbins.** You may also experience constipation from the pain medication. Try eating high fiber foods and drinking lots of water. You may also use OTC remedies such as laxatives, fiber, stool softeners, or enemas as needed.
7. Do not lay in bed for extended periods of time. Get up and move around every 2 hours to improve circulation. It is important to stay well hydrated.
8. ***** Please have whoever is caring for you read these instructions*****

If you have any questions or concerns, do not hesitate to call us! Office hours are M-F 8am- 5pm. After hours and weekends, please call **515-221-9999**, and Dr. Robbins will return your call.