

Paul Durand, M.D.
PLASTIC SURGERY

Post-op Instructions
BRACHIOPLASTY

Medications you *MUST* take:

1. **Cephalexin (or Clindamycin)** – antibiotics to prevent infection.
 - Start first dose the night of your surgery day. Take with some food.

Medications you can take *AS NEEDED*:

2. **Hydrocodone** – pain medication, take only as needed every 6 hours.
 - Take this medication with a stool softener (e.g., MiraLAX) as it will constipate you.
 - If pain is controlled, it is best to just take Tylenol instead.
3. **Ondansetron (Zofran)** – anti-nausea medication, take only if needed every 6 hours.
4. **Scopolamine patch** – anti-nausea patch, ok to remove the day after surgery.

START THE NIGHT OF YOUR SURGERY:

- Soft diet after surgery: (first day) – you can have chicken broth, shakes, Jell-o, yogurt, applesauce, cranberry/grape/apple juice.
- After having your first meal after surgery you can go ahead and take your medication. (Antibiotics must be taken as directed. Pain medication as well as nausea medication can be taken as needed) you must have a meal first.
- When sleeping don't have your arms hanging off the bed, have two pillows and have your arms on top of the pillows to help with swelling.

ACTIVITY:

- **Movement is Important:** Make sure you are up and walking around immediately after your surgery. The best way to prevent blood clots (DVTs) and other complications is to ***get out of bed and walk every hour while you are awake!*** Get up and walk to the bathroom, to the kitchen, etc. The first few days make sure you walk with someone assisting you in case you get dizzy or fall.
- Please wear your compression stockings for 7 days to avoid blood clots. Stockings can be removed when taking a shower or washing, please make sure to put back on immediately.
- You can drive after day 7 if you are NOT taking any narcotic pain medication.
- Do NOT smoke, vape or be close to anyone smoking as this will significantly affect healing.
- Walking is ok and encouraged from day one but no heavy lifting. (As reference the most you can lift is a gallon of milk for 1 month).

- The surgical garment needs to be used for 3 months after surgery. The first two months you must wear it 24/7 and on the 3rd month you have the choice to wear it either at night or during the day. (Ok to take off when showering and cleaning the garment. Put back immediately after).
- You can resume sexual activity in 4 weeks.

SHOWERING:

- After 7 days you can shower. Avoid water hitting the incision directly but it is ok for soap and water to fall in this area.
- Dry your tapes with your blow dryer in cool setting until the tapes are completely dry.
- **NO BATHTUBS OR SWIMMING UNTIL INSTRUCTED BY YOUR DOCTOR.**

DO NOT'S:

- **DO NOT** soak in baths, jacuzzies or hot tubs until instructed by your doctor.
- **DO NOT** take Aspirin, Ibuprofen, Naproxen, or other blood thinners until your surgeon advises you it is safe.
- **DO NOT** apply heating pads or ice packs to the treated areas unless otherwise instructed by your surgeon.

WHEN TO CONTACT YOUR DOCTOR OR SEEK MEDICAL ATTENTION:

- Any fever or signs of infection (Any redness or drainage from incisions).
- Any difficulty breathing.
- Excessive bleeding from incision.