

STEPHEN EVANGELISTI, M.D.

Aesthetic and Reconstructive Surgery

POST-OPERATIVE INSTRUCTIONS FOR BRACHIOPLASTY

Medications

- After your surgery, if you need them, you may begin taking the pain medication as prescribed to you by this office. **Narcotic Pain medications may cause constipation. To prevent constipation, you may begin an over the counter stool softener (i.e. Colace). If you experience Constipation Magnesium Citrate will help alleviate discomfort, (1-2) bottles for relief.**
- **Day after Surgery** please restart the antibiotics that you were prescribed and continue the full course until complete. You will have one refill on the antibiotics, which is **only** required if directed by this office.
- **DO NOT take any of the following medications for 1 week after your surgery:** Advil, Motrin, Ibuprofen, Aleve or any medications that contain those products.
- If you choose not to take the narcotic pain medication that was prescribed to you by our office, **Tylenol** is the only medication we suggest to take for the first week.

Dressings

- During your procedure compression sleeves have been placed on your arms. Underneath these compression sleeves, dressings that are clear, sticky, and waterproof have been placed over the entire length of your incision. These dressings are to remain in position until your first office appointment after surgery.

Pain/Discomfort

- Your skin wound edges and surrounding tissue will be red for several weeks after surgery. This is not an infection, but a condition known as Hyperemia (where your body sends excess blood flow to the wound and tissue that has been operated on to aid in the healing process.)

Driving/Lifting/Exercise/Sleeping

- You may drive as long as you **are not** taking narcotic pain medication.
- For the first two weeks after surgery please do not do any heavy lifting, reaching, pulling, or pushing.
- **DO NOT** bend your elbow towards you greater than a 90 degree angle.
- Wear clothing that opens in the front to avoid reaching or pulling over your head.
- Sleeping will be most comfortable for you with your back in an elevated, propped position. Elevate your arms by using pillows under them.

Washing/Makeup/Showering

- You may shower 24 hours after your surgery. Remove your compression sleeves. After showering, dry completely and then put the compression sleeves back on.
- Avoid soaking in bathtubs, including hot tubs for four weeks after your surgery.

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