



MAYBERRY
PLASTIC SURGERY
Center for Surgical Artistry

Brachioplasty Post Op Instructions

Mayberry Plastic Surgery
7115 Prospect PI NE
Albuquerque, NM 87110

Contact
(505) 888 3844
www.mayberryplasticsurgery.com/



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Follow up appointment: _____

Instructions:

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow a balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake. Take a stool softener such as peri-colace.
- Take medication as prescribed.
- Do not take aspirin or any products containing aspirin until approved by Dr. Mayberry.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities:

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- No lifting greater than 5 lbs. for 6 weeks.
- Avoid straining of abdominal muscles. Strenuous exercise and activities are restricted for 4 weeks.
- Social activities can usually be resumed 10-14 days after surgery.

Incision Care:

- No showering until drainage tubes are removed, and directed by Dr. Mayberry. You can sponge bathe only.
- Avoid exposing scars to the sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable use sunscreen with SPF 30 or greater.
- Keep the steri-strips in place until instructed by Dr. Mayberry.
- Keep the incisions clean and inspect it daily for signs of infection.
- Do not use well water to clean your incisions, use bottled water only.
- Do not apply scar creams or ointments on the incision, unless directed by Dr. Mayberry.
- No tub soaking while sutures, steri-strips or drains are in place.
- Wear your compression garment 24/7 for 6 weeks post-op.
- Place daily soft dressing over incisions and around the drain sites to wick away moisture and to prevent irritation by the garment along the incision line.



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What to Expect:

- You may experience temporary pain, soreness, numbness of abdominal skin and/or incision discomfort.
- Maximum discomfort will occur the first few days.
- You will have bruising and swelling.
- You may feel tired for several weeks or months.

Appearance:

- There will be a scar in the underarm area; this scar will be hidden when arm is against body.
- If incision extends down to and around elbow, scar may be visible.

Follow Up Care:

- Drains are removed when the output is less than 30 ml in a 24 hour period. (See attached drain care instruction sheet and record sheet).
- Surface stitches if any will be removed in 7-14days.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater
- Sudden swelling, redness, bleeding, discoloration and/or foul drainage from the incision site
- Persistent nausea and/ or vomiting
- Pain not relieved with pain medication
- Development of any drug reaction or any other concerns

OFFICE TELEPHONE AND AFTER HOURS ANSWERING SERVICE- 505.888.3844

I HAVE READ THIS DOCUMENT AND IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ **Date:** _____

Witness Signature: _____ **Date:** _____