The Plastic and Cosmetic Center
Of South Texas
Cosmetic & Reconstructive Surgery

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Brachioplasty Pre and Postop

1. We advise you to shower the night before and the morning of with hibiclens soap to the arms
2. Get some Metamucil for postop stool softener. We will also call in dulcolax. We hope to keep you constipated for 3-4 days postop until the wound seals.
3. You may shower the **day after the procedure** and let the water run over the dressings. If the dressings get too wet than you can change them.
4. If you experience some discomfort, it would probably be minor and adequately treated with a mild analgesic, i.e. Tylenol extra strength. Please avoid aspirin/motrin/advil or other NSAIDS except given to you by Dr Jeneby. If Dr Jeneby has given you pain medicine than be careful when you use Tylenol and your pain medicine as the pain medicine has tylenol in them.
5. Remember to take all of the antibiotic given to you. Use your pain medicines as directed. If you have a drain, DO NOT LET THE ANTIBIOTIC RUN OUT WHILE THE DRAIN IS IN. CALL WELL BEFORE THE WEEKEND IF YOU NOTICE YOU ARE GETTING LOW ON YOUR ANTIBIOTIC or NARCOTIC
6. You may not lift anything over 10 lbs for four weeks. You may wash your hair. No bathing but showering is OK
7. No driving for 2 weeks postop
8. No gym for 4 weeks. You may walk around the house and walk the neighborhood.
9. Write down your drain outputs INDEPENDANTLY for each drain. We will remove your drains after they put out less than 30cc in 24 hours.
10. Wear your compression garment 24 hrs a day for 3 months (you may remove to wash them or shower) then at night for 3 months.
11. Expect some mild numbness in the arms areas . If you experience severe numbness in the fingertips, let Dr. Jeneby or the office know immediately.
12. Expect some drainage at the dressings. Change as needed after 24 hours.
13. Followup in 1 week. Your one week appointment is scheduled at your surgery date.
14. **If you have any questions or concerns please call the office at 210 270 8595**