



TAROLA PLASTIC SURGERY
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Brachioplasty

- You must have someone drive you home from surgery and stay with you for 1-2 days.
- You may shower daily the day following surgery. Do not take a bath until instructed. Wash incisions with soap and water daily. Leave tapes (steri strips) in place and pat dry.
- Start walking as soon as possible, as this helps to reduce swelling, lowers the chance of blood clots, and prevents constipation. Drink lots of fluids as not to get constipated. Take stool softener as prescribed.
- Avoid strenuous exercise and activities such as sports for 4 weeks.
- Keep incisions clean and inspect daily for signs of infection.
- Postoperative pain is minimal.
- You will be required to purchase a compression garment after surgery that is specific for your procedure. You will need to wear this garment 4-6 weeks after surgery. This is determined by your physician.
- There will be swelling and discoloration.
- There may be numbness around the operative areas.
- 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.
- See drain instruction sheet for drain care. Keep an accurate recording of drain output on drain log.
- Do not apply any heat or cold to the surgical site.
- Do not drive in the first two days following surgery. You may resume driving when you feel you are able, but wait at least two days following surgery. If pain will inhibit your reflexes, do not drive! Do not drive while taking pain medication.

OUR OFFICE SHOULD BE CONTACTED IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- A high fever (over 101°), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations
 - Any pain that cannot be controlled by your pain medication
 - Bright red skin that is hot to the touch
 - Excessive bleeding or fluid seeping through the incisions
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