



TAROLA PLASTIC SURGERY
NICHOLAS A. TAROLA, MD

Brachioplasty

You must have someone drive you home from surgery and stay with you for 1-2 days.

You may shower daily the day after surgery. Do not take a bath until instructed. Wash incision with soap and water daily. Leave tapes (steri strips) in place. Pat tapes dry after you shower.

You will be supplied a compression garment after surgery that is specific for your procedure. You will need to wear this garment 4-6 weeks after surgery.

See drain instruction sheet for drain care. Keep an accurate recording of drain output on the drain log.

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 and take stool softeners as prescribed to avoid constipation.

No lifting more than 10 lbs after surgery. Avoid strenuous exercise and activities such as sports for 4 weeks.

Tightness in the chest region: Tingling, burning, or intermittent shooting pain are normal experiences as the skin, tissues, and sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort.

Postoperative pain is minimal and well controlled by pain medication.

Consistent sharp pain should be reported to our office immediately.

There will be swelling, discoloration, and numbness around the operative site.

Do not apply any heat or cold to the surgical site.

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

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.

CALL THE OFFICE 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**