

**Alessandro Surgery Center**  
73-710 Alessandro Drive, Suite A1  
Palm Desert, CA 92260  
Phone Number: 760-837-0364  
Fax Number: 760-837-3843  
www.csipd.com



## **BRACHIOPLASTY PRE-OPERATIVE INSTRUCTIONS**

You are scheduled for surgery on <TF.ProcAppt.Date at <TF.ProcAppt  
> at Alessandro Surgery  
> .Time>  
Center, 73-719 Alessandro Drive, Palm Desert, California.

1. All financial obligations must be fulfilled before surgery.
2. Make sure your blood work is done and the Institute has a copy of the test results.
3. Please check that you have received a copy of your post-op brachioplasty instructions and post-op medications.
4. Do not take aspirin or aspirin containing products (see separate sheet for what to avoid) for two weeks prior to surgery.
5. If you take any medications on a routine basis, please continue to do so, but advise the doctor and his nurse so they can tell you what to take the day of surgery.
6. **You cannot drive yourself home.** Please have a responsible adult pick you up and stay with you for the first 24 hours. Please leave the name and number of the person picking you up at the front desk.
7. Do not wear any jewelry or bring any valuable. Please leave these items home.
8. Do not wear contact lenses.
9. The day before and the day of surgery shower with an antibacterial soap two times. Do not apply powders or creams to the body.
10. Wear comfortable loose fitting clothing that pulls on or buttons in the front, with socks and flat shoes.
11. If you smoke, please stop at least two weeks prior to surgery and two weeks after surgery. This will help you heal better.
12. **Do not eat or drink after midnight the night before surgery.**

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## **BRACHIOPLASTY POST-OPERATIVE INSTRUCTIONS**

1. After surgery, you will awaken with an ace wrap dressing on each arm. Your doctor and/or his nurse will change the dressings after 24 hours.
2. You may elevate your arms on pillows, for your comfort. Your hands may be prone to intermittent swelling a few weeks after surgery.
3. Do **NOT** lift, pull, or push more than 10 lbs. until your doctor informs you otherwise (approximately 2 weeks). Do **NOT** lift your arms over your head.
4. You may shower with an antibacterial soap 2 days after surgery. You may launder and replace your dressings at this time. You will be wearing a support dressing for at least 3 days.
5. Take all post-op medications as ordered. Take antibiotics with food. Do **NOT** soak in the bathtub or use a Jacuzzi or pool until instructed.
6. Do **NOT** self-medicate with your own painkillers, sleeping pills, muscle relaxants or narcotics. Only take those medications prescribed by your treating doctor after surgery. Self-medicating could lead to drug toxicity or death. Take your prescription pain reliever as directed. You may substitute, or alternate, plain or extra strength. Tylenol as needed.
7. Some pain and swelling after surgery can be expected. This should be minimal.
8. Approximately 10 days to 2 weeks, post-operatively, your doctor will remove your sutures and place steri-strips on your incision sites. You may shower as usual.
9. You will look better and improve immediately after surgery. However, it will take 6 weeks to several months for all the swelling to resolve and healing to take place. Your steri-strips are waterproof and will fall off on their own, do **NOT** peel them off!

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