



DR JONATHAN
TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
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BRACHIOPLASTY (UPPER ARM SURGERY)

PRE/POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

- Prepare your skin for 3 weeks before surgery with Dermalac Lotion and Vitamin A, C & E Body Oil from Environ.
- NO SMOKING for 2 weeks prior to surgery.

POST-OPERATIVE INSTRUCTIONS

- The combination of decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet. Be sure to increase fluid intake. Movicol may also be used to keep your stool soft.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- 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. This helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- Limit use of arms for 4 weeks, i.e. no heavy lifting or raising arms above head.
- Resume sexual activity as comfort permits, usually 2 to 3 weeks post-operatively.
- Avoid strenuous exercise and activities for 4 to 6 weeks.
- Social and employment activities can be resumed in 14 days.

INCISION CARE

- You may shower only after your post-operative appointment (usually 4 days post-operatively).
- Avoid exposing scars to the sun for at least 12 months.
- Always use sunblock - regardless of the weather - if you plan to go outdoors or not.
- Apply Micropore to the incision lines for 3 months. Change every 7 to 10 days. Do not remove the tape every day as it will cause irritation of the surrounding skin.
- Keep incisions clean and inspect through Micropore daily for signs of infection or oozing.
- DO NOT USE ANY CREAMS CONTAINING VITAMIN E TO TREAT THE INCISION AREAS FOR THE FIRST 3 MONTHS.
- Incision areas may be massaged through the Micropore for the first 3 months.
- ScarScience should be applied from 6 weeks post-operatively, over the Micropore for another 6 weeks, and then on the incision directly for another 6 weeks post-operatively. This helps to prevent hypertrophic and keloid scarring.

- No soaking in the bath while sutures or drains are in place.
- Support garments should be worn 24/7, and only removed for short periods while taking a shower. You should wear the garment day and night for 6 weeks, and thereafter for 6 weeks during the day.

WHAT TO EXPECT

- Discomfort will be maximal in the first 3 days, improving each day thereafter.
- You may experience temporary pain, soreness, numbness, tightness, swelling and incision discomfort.
- Most of the sutures are buried and dissolve in 6 to 8 weeks.
- You might experience blistering around the incision due to the tightening of the skin. Doctor will advise you on the best care should this occur.
- The scar may remain red and raised for 3 to 6 months.

APPEARANCE

- Improved tautness in upper arms.
- Scars will be red for 6 to 9 months. After that, they will fade and soften.
- The scar will be present on the inside of the arm, from the elbow to the armpit.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache, vomiting.
- If you have an oral temperature over 38°C.
- If you have any drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that does not stop with light pressure.

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za