

Brachioplasty (arm lift)

Pre & Post Operative Instructions

Understanding your Surgery with General Anesthesia

- ☐ **General Anesthesia:** This type of anesthesia renders you completely unconscious during the procedure, ensuring you feel no pain and have no memory of the surgery. It is typically used for more extensive operations and requires careful monitoring by an anesthesiologist.
 - **Instructions:** Nothing to eat or drink 8 hours before surgery. This includes water, mints, candy, or gum.
 - **Post-Surgery Transportation:** It is mandatory to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - **Why?:** After surgery, especially with general anesthesia, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period. If you do not arrange for transportation and care for at least 1-2 days, then your surgery may be canceled, at your expense.

Shopping List

- ☐ **Tylenol (Acetaminophen):** Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS (such as Ibuprofen & others).

Pre-Operative Instructions

Medication Management Before Surgery: Guidelines for Minimizing Bleeding Risks

These are general recommendations. For more information please refer to the email: Preoperative Instructions for Your Upcoming Surgery &/or contact our office for a safe plan tailored to your health needs and surgical procedure

- **Aspirin and NSAIDs:** Please discontinue use at least 3 weeks before your surgery, unless otherwise directed by your surgeon.

- **Anticoagulants (Warfarin, Heparin, Direct Oral Anticoagulants):** The discontinuation schedule varies. Please consult your surgeon at least 3 weeks before surgery to discuss a tailored plan, which may include temporary adjustments to your regimen or bridging therapy.
- **Herbal Supplements and Vitamins:** Discontinue any herbal supplements and vitamins that can increase bleeding risk, such as vitamin E, fish oil, ginkgo biloba, and garlic, at least 2 weeks prior to surgery.
- **ADD / ADHD medications** are to be avoided the day before surgery.
- **Contrave (Naltrexone-containing meds):** Patient must consult with the prescribing physician about when & how to stop this medication prior to surgery.
- **Weight Loss Meds (Ozempic, Wegovy, Semaglutide, ect.), & Biotin.:** are to be stopped 2 weeks prior to surgery.
- **Illicit Drug Use:** Please be honest about any illicit drug use during the preoperative assessment. Your safety is our priority and accurate medical information is crucial for planning a safe and effective surgical procedure.
 - Illicit drug use can have significant interactions with anesthesia and other medications administered during surgery, potentially leading to complications.
 - **Examples of the most important substances to mention include:**
 - Cocaine & Meth.

Consultation Is Key: If you are taking any of the above medications or supplements for chronic conditions, do not stop them without first consulting with the physician who prescribed them and your surgeon.

Together, we will develop a safe plan tailored to your health needs and surgical procedure.

4 Weeks Before Surgery

- **Reducing/Stopping Nicotine:** We strongly recommend reducing or ideally stopping nicotine (including cigarettes, oral tobacco, e-cigarettes with nicotine, patches, lozenges, and/or gums) for 4 weeks before and after your surgery.
 - **Why?:** Nicotine can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow to the surgical area, affecting healing and recovery. Any reduction in nicotine exposure is beneficial and contributes positively to your surgical outcome.

2 Weeks Before Surgery

- **Alcohol Consumption:** We encourage patients to reduce or stop alcohol consumption for at least 2 weeks before and after surgery.

- Why?: Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, but can significantly improve your recovery experience.

The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- Shower or Bath: On the day of surgery, please take a shower or bath using soap (either antimicrobial or non-antimicrobial).
 - Avoid Applying Products: Do not apply any lotions, perfumes, or other products to your skin after bathing.
- Medications:
 - Blood Pressure Medications:
 - Take your blood pressure medication as usual, including the day of surgery. On the day of surgery, take it with only a small sip of water.
 - Diabetes Medications:
 - DO NOT take any oral and/or injectable diabetic meds the night before or the morning of surgery.
 - Only take medications approved or prescribed by your surgeon with a small sip of water.
- Fasting: Adhere to the fasting instructions provided by your surgical team. Typically, this means no eating or drinking, including water, for 8 hours before your surgery. Check your paperwork or email our office for further guidance, if needed. This information will be on the 1st page of this document.
- Jewelry and Valuables: Remove all jewelry and refrain from bringing valuables to the clinic, including piercings from the neck up. We cannot take responsibility for lost items.
- Makeup and Skincare Products: DO NOT wear any makeup or apply skincare products on the day of your surgery.
- Clothing: Opt for loose, comfortable clothing that doesn't need to be pulled over your head, particularly for a rhinoplasty. A button-up or zip-front top is ideal for after the surgery.
- Communicating Questions or Concerns: If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for contact information.

Our team is committed to making sure you feel fully prepared and confident in the care you'll receive.

Post-Operative Instructions

The Night of Surgery

Sleeping Position

- **Elevated Position:** Sleep on your back with your upper body elevated at a 30–45-degree angle. This can be achieved using several pillows, a wedge pillow, or in a recliner.
 - **Why?** Elevation reduces swelling, improves circulation, and helps minimize discomfort in the arms.
- **Arm Position:** Keep your arms slightly elevated on pillows and avoid letting them hang down. This position promotes lymphatic drainage and reduces swelling.

Medications

1. **Tylenol (Acetaminophen):**
 - **Pain Relief:** Tylenol is safe to take for managing pain. Please avoid NSAIDs such as Ibuprofen and Aleve, as they can increase the risk of bleeding.
2. **Narcotic Pain Medication:**
 - **Prescription Medication:** If you received a prescription for narcotic pain relievers, take them as directed for pain management. Be aware that these medications can cause constipation.
 - **Preventing Constipation:** You will be prescribed a laxative and a stool softener to prevent constipation. It's important to start taking these with your first dose of narcotic pain medication. Additionally, increasing dietary fiber, fluid intake, and physical activity can help manage constipation.
3. **Zofran (Ondansetron):**
 - **Nausea Prevention:** Zofran is prescribed to help prevent nausea and vomiting, which can be common after surgery. Take this medication as directed, particularly before meals or as soon as you feel nauseated.
4. **Antibiotics:**
 - **Infection Prevention:** If you've been prescribed antibiotics, it's crucial to complete the full course as directed, even if you start feeling better. This helps prevent infection and ensures the effectiveness of the treatment.
5. **Sinnech (Arnica Montana):**
 - **Reducing Swelling and Bruising:** Sinnech is a homeopathic Arnica montana regimen that you'll take to help reduce swelling and bruising. This can

potentially speed up your recovery process. Please follow the specific dosage instructions provided.

Nutrition

- **Diet:** Start with small light meals and progress as tolerated.
- **Hydration:** Stay hydrated with plenty of water. A general guideline is to aim for at least 8-10 glasses of water per day (about 2 to 2.5 liters). Limit or avoid caffeine and alcohol.

Activity

- **Movement Is Key:** Avoid staying in bed all day. While it might feel uncomfortable initially, light walking around your home can significantly aid in healing and reduce the risk of complications like blood clots.
- **Exercise:** Most patients can begin light physical activity, such as gentle walks, around 3–4 weeks post-op, gradually building back to more intense activity at 4–6 weeks or later, depending on your surgeon's advice. Be patient with your body—swelling may temporarily worsen with exercise.
- **Listening to Your Body:** Everyone's recovery timeline is different. If you have specific travel or activity plans, discuss them with your surgeon to determine what's best for you. Sometimes delaying intense exercise or long trips can be beneficial for optimal healing.
- **Driving:** Refrain from driving until you have been off pain medication for at least 24 hours and feel comfortable operating a vehicle. Take breaks approximately every two hours during long car rides to reduce the risk of blood clots.
- **Air Travel:** Short flights may be safe after the first week, but pressure changes can still increase swelling for several weeks. Discuss specific travel plans with your surgeon for personalized guidance.
- **Sexual Activity:** Resuming sexual activity is generally safe once you feel ready and your incisions have adequately healed. If you're unsure, consult your surgeon.

Bathing & Swimming

- **Showering:** You can shower the day after surgery with assistance. Remove your garment, and replace it afterward. Incisions are covered with waterproof dressings that typically require no attention until your follow-up visit.
- **The Ocean / Hot Tubs / Baths / Swimming Pools:** No tub baths or Jacuzzis for 1-2 weeks. Do not submerge your head in a public pool, lake or ocean for at least 6 months or until internal incisions have healed & sealed.

How to Care for Your Incisions

- **Dressings:** Waterproof dressings protect your incisions until your first follow-up visit. After removal, scar tape or a prescribed scar regimen may be provided.
- **Stitches:** All stitches are dissolvable.
- **Sun Protection:** Protect incisions from sun exposure by covering them and using SPF 30 or higher once cleared to apply sunscreen. Even minor sunburns can worsen swelling and irritation.
- **Scar Care:** Silicone-based gels or other scar treatments may be started once your surgeon approves. Scars can take up to a year to fully heal, so be patient.

What to Expect

- **Drainage:** Light blood-tinged drainage may occur during the first week. Reinforce your dressings with gauze if needed.
- **Bruising and Swelling:** Bruising may last 2–4 weeks, transitioning from purple to yellow/green. Swelling can persist for weeks or months and may improve with rest and compression.
- **Itching and Sensory Changes:** Itching and temporary changes in sensation (e.g., numbness or tingling) are normal as your body heals. Benadryl may help with itching if needed.
- **Pain:** Tightness, soreness, and fatigue are common for several weeks. Follow your pain management plan and listen to your body's signals.

Emotional Recovery

It's normal to experience a range of emotions after surgery, especially when the appearance of your body changes. Some patients feel relief, while others may go through moments of doubt or grief. Please know that these feelings are valid and part of the healing process. You're not alone, and support is available if you need it.

Signs of Infection or Complications

It's important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication

- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

Follow-up Care

- **Prioritizing Appointments:** Attending follow-up appointments is crucial for monitoring your recovery & ensuring the effectiveness of your treatment.

Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: clinicalrn@drshimching.com	• General recovery questions • Appointment inquiries • Prescription refills
Urgent Questions or Concerns	Office Phone: (808) 585-8855 <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	• Swelling, bruising, or redness • Severe pain • High fever • Unusual discharge or odor • Uncontrolled bleeding
Medical Emergencies	Call 911 or go to the nearest emergency room	• Difficulty breathing • Chest pain • Severe calf pain • Signs of heart attack or pulmonary embolism

Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.