

Brachioplasty pre-surgery shopping list/instructions

SHOPPING LIST

- *Stool softener (your pain medication may make you constipated if you do not take one)
- *Maxi pads (these will be used as your dressing over your incisions)
- *Low sodium foods (high sodium foods will increase your swelling making you more uncomfortable) such as unsalted crackers, graham crackers, reduced sodium soups, jell-o, bananas, rice, bread for toast, etc.

INFORMATION

- *Please be sure you have someone around to help you for the first few days after surgery. You will likely be tired and sore so you may not feel like or may not be able to perform some of the tasks you are used to performing
- *You will have a lifting/pushing/pulling restriction of less than 5 pounds for weeks 1-3 of recovery and less than 30 pounds for weeks 4-6.
- *It is very important that you wear the compression sleeves that will be given to you on your surgery day around the clock for the first 3 weeks after surgery. Usually for weeks 4-6 the garment may be taken off at night only and still needs to be worn during the day at all times, but Dr. Paulson will evaluate this at your first recheck appointment. The sleeves help to support the arm tissue as well as push some swelling out.
- *You need to have a responsible driver/caretaker with you on the day of your surgery. You may not under any circumstances take a taxi/shuttle/bus home from the surgery center by yourself. This is for your own protection and safety. You also need someone to stay with you the night of your surgery to make sure you are okay and to help you remember to take your pain pills. If you arrive to the surgery center without a driver/caretaker, you will not be allowed to have surgery.
- *If you are not from Bismarck or a close surrounding area you will need to stay overnight in town at a hotel. Dr. Paulson and/or one of his nurses will recheck you the next morning before you go home.
- *You may not eat, drink, or smoke after midnight the night before your surgery. You also cannot chew gum or have any hard candy or anything in the mouth after midnight the night before. This is extremely important, and we will refuse to perform your surgery if you have not followed these instructions.
- *After surgery you will have white tapes (steri strips) over your incisions and stitches. These need to stay on until your first recheck appointment with Dr. Paulson. If they start to come off, please do not pull on them or try to trim them as this may disrupt the stitches.
- *For 1 week prior to surgery you may not take aspirin, advil, ibuprofen, anything herbal, or any multivitamins as all of these can thin your blood causing you to bleed more than usual during surgery. If you have any questions about taking other medications not mentioned please contact Dr. Paulson's nurses at 701-255-3311.