

# LLOYD D LANDSMAN MD

plastic & cosmetic surgery ≡≡≡

994 W Jericho Tpke Suite 102

Smithtown NY 11787

631-864-4111 drlandsman.com

## Post Operative Instructions

### *Procedure: Brachioplasty*

1. You must spend the first evening following your surgery with an adult.
2. Postoperative pain should be moderate. Take the pain medication prescribed as directed. Be sure to take the phenergan with the pain medication in order to minimize postoperative nausea.
3. Bruising and swelling is expected in the areas operated upon. This should resolve over time. Swelling of the extremities is expected and should be treated with regular elevation of the extremities.
4. If you should have a fever of greater than 101.6 F, please notify the doctor immediately.
5. Leave your present dressing in place. It will be changed at your first postoperative visit.
6. Do not apply any ice or heat to the operative site during the postoperative period.
7. No heavy lifting, strenuous exercise or activity is permitted for the first 2 weeks following surgery. After 2 weeks, you may gradually resume your usual level of activity. Any exercise or weight lifting, which relies on the muscles of the chest or arms may be resumed 4 weeks after surgery.
8. You may bathe, but try to keep the dressing on the arms dry at all times.
9. Your first post operative visit will be on \_\_\_\_\_
10. If you should have any questions or have any problems please call the office immediately at 631-864-4111, and the doctor will return your call as soon as possible. DO NOT USE EMAIL FOR EMERGENCIES.