



# Renaissance Clinique

*Beauty through Art, Science & Technology*

## **Rachioplasty post-operative instructions**

1. After getting home, continue resting comfortably for the next 24 hours. You may sleep in any position you feel comfortable in.
2. To help minimize swelling and discomfort, you may apply ice cold compresses to the inner sides of your arms during the next 24 hours after surgery.
3. If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea. Extra strength Tylenol (Acetaminophen) may be taken in the place of your prescription.
4. If you were discharged on an oral antibiotic, please take as prescribed by your doctor.
5. If you were on the Vita Medica supplement plan you may resume after getting home. No other medication should be taken for the first 10 days after surgery. Avoid alcohol while taking any medications.
6. Call your doctors office immediately if you experience any of the following symptoms: Temperature above 101.8°F, shakes and chills, severe unrelieved pain, or bright red blood from the incision site or sudden onset of significant swelling of one or both breasts.
7. Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.
9. You may shower 24 hours after surgery using a mild, gentle soap over the incision sites. Be sure to carefully pat the areas dry with a soft clean towel. Sutures along the incision site are inside and self-absorbing. You may see sutures coming out of your skin, this is normal. You may have Steri-strips (tape) over your incisions providing additional support over the incisions. These Steri-Strips can get wet and will eventually fall off by themselves.
10. You can expect edema (swelling) and ecchymosis (bruising) of the surgical area post-operatively. The amount of edema and ecchymosis varies with each individual.
11. It is normal to have some drainage of fluid from the incisions for several weeks. The color may range from red to yellow. This is a normal occurrence.
12. Please avoid all forms of nicotine two weeks before and after surgery.



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Nicotine is a vasoconstrictor and may increase risks of unnecessary postoperative complications. In general, be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.

13. Do not be alarmed if there are slight differences between your arms with regards to size, shape, and sensitivity of other characteristics. It may take several weeks for swelling to completely subside.

14. Avoid direct sun exposure to your arms for several weeks after surgery.

15. Be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.