

BRAVA SKIN CARE ROUTINE
(RECOMMENDED BY OTHER PATIENTS)

PM

1. Baby Shampoo
2. Skin prep spray or Non-Sting Wipes (allow skin to dry)
3. Place Brava domes on skin

AM

1. Remove domes, clean domes with Brava Cleanser
2. Aveeno body wash
3. Sovereign silver gel
4. Coconut oil
5. Aveeno intensive therapy lotion

**This routine is for women wearing the domes at night*

**You may find some other products work just as well - these are tips from experienced patients to help avoid skin irritation*

SHOPPING LIST

- Aveeno Body Wash (can be found at Target \$6)
- Aveeno Intensive Therapy Lotion (can be found at Target)
- Sovereign Silver Gel (can be ordered on Amazon.com ranging from \$10 - \$30)
- Coconut Oil (can be found at most grocery stores \$5)
- Baby Shampoo (can be found at most grocery stores \$4)
- Smith & Nephew No-Sting Wipes (can be ordered on Amazon.com ranging from \$12 - \$50)

BRAVA TIMELINE/LOG

BRAVA Timeline/Log Round 1

	Instructions:	Details:
<input type="checkbox"/>	Begin Wearing BRAVA domes for 10-14 hrs./day	= Starting 3 weeks before surgery
<input type="checkbox"/>	Begin wearing Brava domes for 24 hrs./day	= During the 48hrs prior to surgery; wear domes to surgery
<input type="checkbox"/>	Restart BRAVA domes for 24 hrs./day (*Wear domes upside down, no hand-pumping)	= Starting 24 hrs. after surgery (*bathe & removed all dressings from chest before applying domes); wear them around-the-clock for 72 hrs.
<input type="checkbox"/>	Wear BRAVA domes for 10-14 hrs./day (*Wear domes upside down, no hand-pumping)	= For 4 days
<input type="checkbox"/>	Congratulations!! You are finished wearing domes on...	= 8 days post-op

BRAVA Timeline/Log Round 2

	Instructions:	Details:
<input type="checkbox"/>	Begin Wearing BRAVA domes for 10-14 hrs./day	= Starting 3 weeks before surgery
<input type="checkbox"/>	Begin wearing Brava domes for 24 hrs./day	= During the 48hrs prior to surgery; wear domes to surgery
<input type="checkbox"/>	Restart BRAVA domes for 24 hrs./day (*Wear domes upside down, no hand-pumping)	= Starting 24 hrs. after surgery (*bathe & removed all dressings from chest before applying domes); wear them around-the-clock for 72 hrs.
<input type="checkbox"/>	Wear BRAVA domes for 10-14 hrs./day (*Wear domes upside down, no hand-pumping)	= For 4 days
<input type="checkbox"/>	Congratulations!! You are finished wearing domes on...	= 8 days post-op

BRAVA Timeline/Log Round 3

	Instructions:	Details:
<input type="checkbox"/>	Begin Wearing BRAVA domes for 10-14 hrs./day	= Starting 3 weeks before surgery
<input type="checkbox"/>	Begin wearing Brava domes for 24 hrs./day	= During the 48hrs prior to surgery; wear domes to surgery
<input type="checkbox"/>	Restart BRAVA domes for 24 hrs./day (*Wear domes upside down, no hand-pumping)	= Starting 24 hrs. after surgery (*bathe & removed all dressings from chest before applying domes); wear them around-the-clock for 72 hrs.
<input type="checkbox"/>	Wear BRAVA domes for 10-14 hrs./day (*Wear domes upside down, no hand-pumping)	= For 4 days
<input type="checkbox"/>	Congratulations!! You are finished wearing domes on...	= 8 days post-op

Stacey Folk, MD
303-321-6608
www.FolkPlasticSurgery.com

BRAVA Timeline/Log Round 4

	Instructions:	Details:
<input type="checkbox"/>	Begin Wearing BRAVA domes for 10-14 hrs./day	= Starting 3 weeks before surgery
<input type="checkbox"/>	Begin wearing Brava domes for 24 hrs./day	= During the 48hrs prior to surgery; wear domes to surgery
<input type="checkbox"/>	Restart BRAVA domes for 24 hrs./day (*Wear domes upside down, no hand-pumping)	= Starting 24 hrs. after surgery (*bathe & removed all dressings from chest before applying domes); wear them around-the-clock for 72 hrs.
<input type="checkbox"/>	Wear BRAVA domes for 10-14 hrs./day (*Wear domes upside down, no hand-pumping)	= For 4 days
<input type="checkbox"/>	Congratulations!! You are finished wearing domes on...	= 8 days post-op

BRAVA Timeline/Log Round 5

	Instructions:	Details:
<input type="checkbox"/>	Begin Wearing BRAVA domes for 10-14 hrs./day	= Starting 3 weeks before surgery
<input type="checkbox"/>	Begin wearing Brava domes for 24 hrs./day	= During the 48hrs prior to surgery; wear domes to surgery
<input type="checkbox"/>	Restart BRAVA domes for 24 hrs./day (*Wear domes upside down, no hand-pumping)	= Starting 24 hrs. after surgery (*bathe & removed all dressings from chest before applying domes); wear them around-the-clock for 72 hrs.
<input type="checkbox"/>	Wear BRAVA domes for 10-14 hrs./day (*Wear domes upside down, no hand-pumping)	= For 4 days
<input type="checkbox"/>	Congratulations!! You are finished wearing domes on...	= 8 days post-op