

POST-OPERATIVE BRACHIOPLASTY INSTRUCTIONS

- *Have someone drive you home after surgery and stay with you for 1-2 days following surgery.
- *Get plenty of rest
- *Follow a balanced diet
- *You may want to add more raw fruit to your diet and increase fluid intake in order to avoid constipation.
- *Take pain medication as prescribed.
- *Do not drink alcohol when taking pain medication.
- *You may resume taking all medications you were previously taking.
- *You will want to start taking 1 iron pill daily.
- *DO NOT SMOKE! This delays healing and increases the risk of complications.

ACTIVITIES:

- *Start walking as soon as possible. This helps to reduce swelling and lowers that chance of blood clots.
- *Do not drive if you are taking any pain medication
- *Do not drive until you have full range of motion with your arms.
- *Do not lift anything greater than 5 pounds for 6 weeks.
- *You may return to work in 2-4 weeks depending on your recovery.

INCISION CARE:

- *Your arms will be wrapped in ace wraps. Do not remove these from your arms. If they become loose, you may re-wrap to tighten.
- *You do not have to remove anything from the incision area. This will all be done at your first post-operative visit with your physician.
- *You will notice there will be tape on the incisions. There are no sutures on the skin. They are all under the skin. The tape will start to wear off gradually over the next few weeks.

WHAT TO EXPECT:

- *Temporary pain, soreness, numbness of arm, armpit, or discomfort in the incision area.
- *Maximum discomfort will occur during the first few post-operative days.
- *You will have some bruising and swelling in the lower arm, shoulder area and possibly the back. This will subside over the next few weeks.
- *You will feel fatigued for several weeks. The iron supplement we recommend you take will help improve this.

WHEN TO CALL:

- *If you have a dramatic increase in swelling or bruising.
- *If swelling and redness persists after a few days.
- *If you have increased redness along the incision.
- *If you have severe or increased pain not relieved by pain medication.
- *If you have side effects to medications ; such as, rash, nausea, headache, vomiting.
- *If you have an oral temperature over 100.4 degrees
- *If you have any yellowish or greenish drainage from the incision or notice a foul odor.
- *If you have bleeding from the incisions that is difficult to control with light pressure.
- *If you have loss of feeling or motion.
- ***Feel free to contact with any other questions or concerns. We will be happy to help.**