Postoperative Instructions for BRACHIOPLASTY

ACTIVITY

* Minimize the use of your arms – no heavy lifting, pushing, or pulling.
* Avoid sports and other strenuous activities for 4 weeks.

HOME CARE

* Leave dressings in place and keep dry until your follow-up appointment; do not attempt to remove and replace.
* Reinforce dressing as needed with gauze or pads.
* Elevate your arms above your heart with pillows to minimize pain and swelling and to improve circulation.
* The drainage tubes will remain in place until your follow up visit. Please bring the drain record to each of your follow-up appointments. Typically, drainage tubes will be removed when drain output is 25cc or less per 24 hours. If drain output is higher, one or both tubes will be left in place until drainage decreases.
* No smoking after surgery to prevent possible bleeding and delayed healing.
* No driving until permitted by the physician

WHAT TO EXPECT

* Moderate discomfort and swelling.
* Small spots of drainage on dressings.

MEDICATION & COMFORT

* You may take \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for pain relief.
* Pain medications may cause drowsiness, upset stomach, and constipation.
* Take pain medication with food.
* Do not drink alcohol or drive while taking prescribed pain medication.
* Refills are only available during office hours – 9am to 5pm, Monday through Friday. If you feel you need more pain medication, please call during those times.

CALL THE OFFICE (775-3446) IF YOU NOTICE

* Large spots of drainage or bleeding that soak through the bandages.
* Severe pain not responding to medication.
* Severe swelling or significantly more swelling on one arm compared to the other.
* Fever greater than 100°F.
* Drains that require emptying more than 4 times per day after the first day.

I have received the above instructions. Signature X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship to patient\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_