

POST OPERATIVE INSTRUCTIONS BRACHIOPLASTY

Patient Name :
Surgical Facility:

DOB:
Surgery Date:

ACTIVITY

- Quiet.
- Restrict upper arm activity and refrain from lifting anything over 10 lbs.
- No sexual activity for 3 weeks after surgery.
- Wear elastic garment.
- **No heavy exercise, bending, lifting, bathing, swimming, direct sun exposure, smoking or sports for 4-6 weeks following surgery.**

POSITION

- Elevate arms on a pillow when sitting, resting, and sleeping.

ICE PACKS

- OK for comfort & swelling. 20 minutes on/20 minutes off. Do not place ice directly on skin. Frozen peas work well.

WOUND CARE

- Leave tapes in place until next appointment.
- If tapes fall off, clean visible stitches with Q-tip three times a day using ½ strength hydrogen peroxide (dilute with tap water) then apply Bacitracin ointment. (Don't let any crusts collect on stitches).
- After 5 days, remove elastic garment, shower and replace.
- Expect bruising and swelling.

GARMENT

- If you are placed in a wrap/garment, leave it on until first post-op visit, if before 5 days.
- If your first post-op visit is after 5 days, remove wrap/garment, shower and replace.
- If you have an ACE wrap, it can be adjusted for comfort until your first post-op appointment.

DRIVING

- Driving restricted for 4 to 6 days and while taking prescription medications.

TED HOSE

- Wear TED hose (compression stockings) for the first week AND until walking usual daily amount.

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Watch carefully for excessive redness, swelling, bleeding, discharge, fever (above 100F), or pain not relieved by medication.

*IF ANY OF THESE SYMPTOMS APPEAR - CALL IMMEDIATELY
(949) 720-3888*

Patient Signature

Date

Witness Signature

Date
