

BRACHIOPLASTY POST-OPERATIVE INSTRUCTIONS:

1. Keep ace wraps and dressings in place. Keep them clean and dry. Sponge bath as needed until your first post-operative visit.
2. It is **IMPERITIVE** to keep both arms on pillows at all times to reduce swelling.
3. Avoid heavy lifting (no greater than 10 pounds).
4. No weight lifting for at least 3 weeks. Check with our office prior to beginning any arm activity.
5. You may shower after your first post-op visit. Remove dressings first. Leave tape (steri-strips) in place and pat them dry. You may use gauze pads over the incisions if they are still oozing. Follow with foam pads, sticky side down against your skin; then the ace wrap. The ace wrap should be snug but not tight. You should not have numbness in your fingers. If you do, rewrap the ace wrap more loosely. You will use the wrap for about 2 weeks.
6. Change your pain medication to Tylenol as soon as possible. You will feel normal more quickly. Remember, narcotics are extremely constipating and can cause itching and nausea. You may take over the counter anti-constipation medications as needed.
7. No hot tubs or submerging your wounds in water for at least 3 weeks.
8. Your scars are PERMANENT. However, they will typically improve and fade over the next 12 months. Numbness of the skin around the incision can also take time to resolve and may not disappear completely. Ask our staff about taping wound/Mederma/silicone sheeting, etc. to help your scars improve more quickly.

YOUR POST-OP APPOINTMENT (at the office) is: _____