

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

## POST OPERATIVE INSTRUCTIONS AFTER BRACHIOPLASTY

Next Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### 1. Dressing Care

- Leave compression garment and dressings in place until instructed.
- Drains are to remain in place, record drainage and bring sheets to office appointment.

### 2. Activity Restrictions

- Avoid strenuous activity, no lifting, no bending for two weeks.
- Keep arms elevated on pillows.

### 3. Diet

- No restrictions on eating.

### 4. Medications

- Take prescribed pain medication as needed.
- DO NOT TAKE ANYTHING with aspirin or aspirin like drugs for 10 days after surgery.
- Use Tylenol for mild discomfort, for more severe pain use prescribed medication.
- Take antibiotics as directed. (Remember antibiotics may make birth control pills ineffective.)

### 5. What to Expect

- Compression garment is to be worn until swelling and bruising and discomfort have resolved (Usually 6 weeks).
- You may experience some pain, burning, swelling, and bleeding.
- You may experience stiffness, soreness, and bruising.

If increased bruising after 7-10 days, please notify the office.

If you have: **nausea, vomiting, dizziness, significant bleeding or pain and swelling** which increase rather than decrease, **call Dr. Olding at 202-741-3241** or the plastic surgery fellow on call at 202-715-4141.