



BRACHIOPLASTY POST-OPERATIVE INSTRUCTIONS



HOW TO CONTACT US

Luminary Office

M-F 8 am- 5:30 pm

941-926-6553

After Hours Answering Service

941-567-2876

WHAT TO EXPECT AT HOME

- It is normal to have pain, bruising, and swelling Of the arms or incisions after you get home. Within a few days or weeks, these symptoms will go away.
- You may have a loss Of sensation in your arm skin after surgery. Sensation may return over time. You may need help with your everyday activities for a few days until your pain and swelling decrease. Incision scars may take several months to over a year to fade.

ACTIVITY

- Try taking short walks as soon as possible to promote blood flow and healing.
- While you are healing, LIMIT your physical activities so that you DO NOT stretch your incisions.
- DO NOT do any heavy lifting, strenuous exercise, or exercising your arms for 6 weeks.
- DO NOT drive if you are taking narcotic pain medicines.
- Ask your provider when you can go back to work or start other activities.

OTHER SELF-CARE

- Make sure you eat healthy foods, including lots Of fruits and vegetables. Drink plenty Of fluids. A healthy diet and plenty of fluids promote bowel movements and prevent infection.
- Your pain should go away over several weeks. Take any pain medicines as directed. Take them with food and plenty of water.
- DO NOT apply ice or heat to your arms.
- DO NOT drink alcohol while you are taking pain medicines.
- DO NOT take aspirin or ibuprofen until 48-hours after surgery. After the first 48-hours, these medications are preferred to narcotic medications. Ask your surgeon which vitamins, supplements, and other medicines are safe to take.

WHEN TO CALL THE DOCTOR

- Increasing pain, redness, swelling, yellow or green drainage, bleeding.
- Side effects from medicines, such as rash, nausea, vomiting or headache.
- A fever of 1000F (38'C) or higher.

FOLLOW-UP

- You will be seen within one week after your surgery to check the area.
- If you were not given a follow-up appointment at the time of your operation, please call the clinic to arrange follow-up within one week from the time of your surgery.