



POST OPERATIVE BRACHIOPLASTY INSTRUCTIONS

1. Begin taking Arnica Montana from your VitaMedica recovery pack the night of surgery. Continue taking other pre-operative VitaMedica supplements as directed. Full instructions will be listed on the package.
2. When you get home you will need to rest frequently. You may walk around the house as tolerated.
3. Every 2-3 hours take deep breaths to expand your lungs.
4. Avoid picking up anything greater than 5 lbs. the first week. The doctor will advise you when you can start lifting anything heavier.
5. Do not exercise or do any housework until the doctor says you may do so.
6. You may not drive the first week or while you are taking pain medication. After that it will depend on your ability to handle a car without causing any discomfort. You should always wear your seatbelt.
7. No smoking or being around smoke at least the first 2 weeks after your surgery. This will interfere with your healing.

DIET

1. Eat light the first 24 hours, clear liquids advancing to a regular diet as tolerated.
2. If you have persistent nausea stick to a bland diet until it subsides.
3. The pain medicine may cause constipation. Drink plenty of fluids. You may take any over the counter laxative as needed.

DRESSINGS

1. You will have dressings and an ace wrap/ compression garment on your arms. You do not need to change them.
2. It is normal to see dried bloody drainage on the dressings.
3. It is normal to have numbness over the surgical sites.
4. Your fingers and hands should remain warm to touch, pink, and with normal sensation.

5. Do not use a heating pad around the surgical sites. It could cause a burn.
6. You may not shower, until dressings are removed at your first post-op visit. You may sponge bathe.
7. Some swelling is normal. You may elevate your arms above the level of your heart by using pillows to prop them up. This will help to decrease swelling.
8. You may have a drain in each arm, which may stay in for 1-2 weeks. Please follow drain care instruction sheet and bring it to your follow up appointments.

MEDICATION

1. The antibiotic should be taken until it is completed as prescribed.
2. The pain medicine is a narcotic and should be taken as prescribed.
3. Do not drink alcohol or drive while you are taking the pain medication.
4. The pain medicine can cause nausea and should be taken with food at each dose.
5. You may resume your regular medication after your surgery except for NSAIDs (wait at least 5 days post-op)
6. If you take aspirin or Coumadin, check with our doctor as to when you can resume.

CALL THE OFFICE AT (512)600-2888, IF YOU HAVE:

1. A temperature greater than 101 degrees.
2. Excessive bleeding saturating the dressings.
3. A sudden increase in drainage, pain, or swelling at the incision site or the surrounding area.
4. If you have persistent vomiting, have a pharmacy number so a script can be called in.
5. Any questions regarding your care.

IF YOU HAVE A LIFE-THREATENING EMERGENCY CALL 911 AND GO TO THE NEAREST HOSPITAL.