



BRACHIOPLASTY

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (480) 423-1973.

Light activities for the first 2-4 weeks after surgery. Remember to position yourself as you have been instructed. Leave the compression garment in place as it helps with the swelling. At the time of the first postoperative visit the dressings will be removed and then replaced. You will be told when you may shower. You will remove the compression garments when you shower and replace them when you are out of the shower. Wear the garments day and night for the first 3-4 weeks. You may wash and dry them after the first 48 hours.

You can expect:

- Moderate discomfort-which should be helped by the pain medications
- There may be some bloody drainage on dressings

Call the office if:

- Severe pain not responding to the pain medications
- Swelling that is greater on one side than the other
- Bright red spots on dressings which continue to enlarge
- Incisions that are red, inflamed, or are draining pus
- If you have a fever of 101 degrees or higher
- If you have persistent or worsening numbness in your hands or fingers
- If you have questions

Do not raise your arm above your shoulders, do heavy lifting, or push or pull on things for one week. The second week, you will begin full range of motion with your arm but lifting is restricted to 5 lbs.

You may drive once off the pain pills and when you experience no pain with this activity.