



BRACHIOPLASTY DISCHARGE INSTRUCTIONS

FOLLOW UP CARE

- You will be in compression sleeves for 4-6 weeks, only remove for showering
- If a follow up appointment was not made the day of surgery, please call the office to make one

OPERATIVE SITE

- Clean the incision with gentle soap (Ivory or Dove), apply Aquaphor ointment, and apply a new dressing once a day

ACTIVITY

- Bed rest for the first 24 hours, lie flat
- Lay flat when sleeping for 2 weeks
- Do not shower for 48 hours
- Do not drive until cleared by Dr. Harvey
- Calf stretching exercises 4 times per day
- DO NOT lift more than 5 pounds for 2 weeks

DIET

- Resume previous diet as tolerated

MEDICATIONS

- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.

PROBLEMS TO WATCH FOR

- Fever over 101.4
- Increased swelling, redness, and heat at operative site

Call Dr. Harvey with ANY problems that concern you: Phone # (843)722-1985. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

Patient/Responsible Party

Nurse Signature