

POST OPERATIVE CARE BRACHIOPLASTY

Post op care:

- May remove dressing day after surgery unless otherwise directed
- Keep wound clean and dry and apply new dressing if needed
- If there are steri-strips on the wound, do not remove. It is OK to get these wet. They may fall off in a few days.
- Take pain medication as needed
- Take antibiotic as directed
- May shower 24 hours after surgery
- Wear post operative garment as directed

What to expect:

- Swelling and bruising can occur up to 1 week post-op. Swelling and bruising may occur in areas adjacent to area of excision
- Moderate discomfort – take pain medication as directed
- Constipation may occur with narcotic pain medicine – increase fluid intake and use mild laxative or stool softener if needed
- Numbness, tingling, and sensitivity to physical contact may persist for several weeks or longer

Follow-up:

- Follow up appointment with Dr. Lohner in 7-10 days in the office
- No heavy lifting, housework, or exercise until advised by Dr. Lohner to resume.
- Refrain from smoking for at least 10 days. Smoking slows healing and affects blood flow to wound.

**DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS
OR CONCERNS**

Pain medication: _____

Antibiotic: _____

Follow-up: _____ **please call office and
arrange for post-operative appointment (610) 519-0600.**