



BRACHIOPLASTY POST-OPERATIVE INSTRUCTIONS

1. No heavy lifting, housework or exercise until advised by Dr. Westawski, this can last up to 2 weeks.
2. Please keep your dressing(s) as clean and dry as possible; change them daily to help prevent infection but do not remove them until told to. Keep incision site(s) clean and dry, apply new dressings as needed.
3. You may shower the day after surgery. Do not remove your steri-strips, its okay if they get wet.
4. Keep a record of the drainage amounts from your drains (if you have them); Dr. Westawski will review this with you at each post-op appointment until they are removed.
5. Take medications as prescribed. You may need a stool softener or mild laxative to prevent constipation. Increase your fluid intake as well.
6. Wear your compression garment as directed
7. Swelling and bruising can occur 48 – 72 hours post-op, bruising may occur in areas adjacent to areas of incision.
8. Numbness, tingling and sensitivity to physical contact may persist for several weeks or longer.
9. Do not smoke for at least 10 days after surgery, this may delay healing and can affect blood flow to incision site(s).
10. Do not hesitate to call Dr. Westawski if you have any questions or concerns.

First Post-Operative Appointment _____