

**DISCHARGE CARE AFTER BRACHIOPLASTY**

Please try to minimize your intake of narcotics, as they are nauseating, constipating and addictive.

Please have over-the-counter laxatives at home in case they are needed.

Please do not take any medication on an empty stomach.

Please try to keep arms elevated on 2-3 pillows or in a recliner for the first 48-72 hours. This is to help decrease swelling and for comfort. Do not try to lay flat.

I will let you know when you can shower depending on your dressing and whether you have a drain. Use tepid water only when showering. Make sure you have someone with you the first time you shower in case you start to feel light-headed.

Please keep surgical garment on for 24hours a day.  
Steri-strips and/ or tape should remain in place until they peel off.

Please do not use any lotion or ointment to incision although eventually silicone scar tape is helpful for scars.

No lifting heavier than 10 pounds or increasing heart rate for 3 weeks after surgery (which also means no aerobic exercise).

**PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE ANY QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804) 320-8545. IF A TRUE EMERGENCY CALL 911.**

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PATIENT'S SIGNATURE

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DATE

01/2022