

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 your 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.
- I will let you know when you can shower depending on your dressing and whether you have a drain. Make sure you have someone with you the first time you shower in case you start to feel light-headed.
- Please keep the surgical garment on for 24 hours a day.
- **Steri-strips should remain in place until they peel off. Please buy Silicone Scar Tape from Amazon.com to replace Steri-strips when they fall off.**
- Please do not apply any creams or lotions to incisions, although eventually silicone scar tape is helpful for scars.
- No lifting heavier than 10 pounds or increasing heart rate or aerobic exercise for 3 weeks after surgery.
- **Smokers heal poorly in terms of infection and wound breakdown, and you are advised not to smoke, vape, or use nicotine replacements for 6 weeks prior to and after your surgery. Nicotine screening may be necessary the day of surgery. IF THE TEST IS POSITIVE, YOUR SURGERY WILL BE CANCELED.**
- **WE REQUEST THAT YOU PICK UP YOUR MEDICATIONS IN ADVANCE OF YOUR SURGERY DATE; ADDITIONALLY, IT IS IMPORTANT THAT YOU REVIEW THE MEDICATIONS AND DISCHARGE INSTRUCTIONS WITH YOUR CAREGIVER.**

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.

PATIENT'S SIGNATURE

DATE

CAREGIVER'S SIGNATURE

DATE