

DR. WENIGER'S BRACHIOPLASTY POSTOPERATIVE INSTRUCTIONS

During the first week following your surgery, the two major problems to watch for are hematoma (a collection of blood under the skin) and infection. Any significant increase in swelling of the arms, firmness, severe bruising, or increased pain not controlled by medication can be signs and symptoms of a hematoma. Fever over 101 degrees F, swelling, severe redness, or drainage can be signs of infection. These should be reported to our office immediately. You should expect some pink drainage for a few days, but significant bleeding should be reported to our office.

DO:

- Keep dressings on until removed by Dr. Weniger
- Keep arms elevated as much as possible at all times including while sleeping (helps to prevent swelling). Sleeping with arms elevated on pillows works well.
- Eat as tolerated. Start with something light and then advance diet slowly. Eat plenty of protein, avoid salt, and limit water intake.
- Use Tylenol/extra strength Tylenol when pain medicine runs out or if too strong. Ibuprofen can be used one week after surgery.
- Walk every three hours while awake after surgery to prevent blood clots (walk to bathroom, kitchen, around the house, etc.). Walk OUTSIDE daily beginning the day after your surgery.

DO NOT:

- Drive until instructed to do so by Dr. Weniger (no patient may drive while on narcotics).
- Restart blood thinners (including ibuprofen, Advil, Aleve) for one week after surgery.
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Weniger Plastic Surgery (may stimulate bleeding). All activities may be resumed after 6 weeks. Instructions regarding gradual return to exercise will be individualized for each patient according to how that patient heals.
- Wet incisions until instructed to do so by Dr. Weniger. You will likely be permitted to shower after a few days.
- Drink alcohol while on narcotics (causes bleeding) or for one week after surgery.
- Submerge in any form of water for at least 3 weeks.

Your follow-up appointment is _____

Instructions understood & copy given: _____

For any problems or questions that you may have regarding your post-surgery recuperation, please call us.
843-757-0123