



JONATHAN HEISTEIN, M.D.
PLASTIC & RECONSTRUCTIVE SURGERY

B R A C H I O P L A S T Y HOME INSTRUCTIONS

DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

ACTIVITY

- You must take it easy for 4-6 weeks.
- Do not do any strenuous activity.
- Do not try use your arms for support while sitting up.
- Do not lift more than 5 lbs.
- Move your legs and feet often while resting.
- Deep breathe every hour while awake to clear your lungs.

MEDICATION

- ***Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!***
- Take pain medication as prescribed and directed.
- You MUST continue to take the antibiotic until the drains are removed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain (but not in combination with the prescribed pain medicine).

WOUND CARE

- ***Do not smoke!***
- Change the dressing daily with dry gauze and tape-wrap from hand to armpit with ace wrap.
- Empty the drains every 12 hours and record the amount. The drainage bulb must be recompressed after emptying to maintain suction of drainage from the incision.
- You may have some bloody discharge around the drain tube. You may reinforce the dressing with gauze as needed.
- Do not shower until 24 hours AFTER the drains are removed.

PROBLEMS

Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:

- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- Heat or redness at or near surgery site.
- ***If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.***

ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief.
- You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.
- If you had spinal or epidural anesthesia, you may have back pain at the injection site. If you experience a headache, bed rest and an increase in fluids may help.

SPECIAL INSTRUCTIONS _____

FOLLOW - UP

- Please call tomorrow to schedule your post-operative appointment for _____ (unless previously scheduled)

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