



DR. COURTNEY
PLASTIC SURGERY

BRACHIOPLASTY

Postoperative Care

POST-OP: Rest quietly for the first 48 hours after surgery. You should walk or ambulate every couple of hours (with assistance) while maintaining a flexed or bent position (as to alleviate tension on your healing incisions.) Ambulation, or walking, is encouraged and is one of the best ways of maintaining lower extremity blood flow and preventing venous blood clots

- **1 week follow up:** Will remove any drainage, if needed.
- **3 week follow up:** Prineo tape and belly sutures will be removed. Start massage therapy. Purchase stage 2 garment if necessary.
- **6 week follow up:** Cleared from restrictions.

DIET: Start with light and soft meals. As you get more comfortable, you may progress to regular food. Drinking fluids is very important after surgery; at least 1 quart a day (about a liter). Try to drink non-caffeinated fluids.

ACTIVITY: Allow yourself to rest following surgery. It is fine for you to get up and use the restroom or to walk around inside your house. But, it is not fine for you to attempt exercising at any level until instructed to do so by Dr. Courtney.

SHOWER: You may gently sponge bathe for the first few days after surgery and you may shower regularly 4 days after surgery. You will require some assistance to remove the compression garments and getting into the shower.

DRESSING: Leave all dressings in place right after surgery. A compression garment will hold the surgical dressings in place until you are seen in our office for your first post-op appointment. We will do the first dressing change in the office and you will need minimal dressing changes after the first change. We will give your instructions if any further dressing change is needed.

CLOTHING: For ease in changing clothes without discomfort, wear clothing that fastens in the front for the first few days and on the day of surgery.

MEDICATION: All your medications will be prescribed for you during your preoperative visit at our office. Please fill these prescriptions prior to your surgery. Take your medications as prescribed. Do not to take pain medication on an empty stomach; it can cause nausea.

PROBLEMS: If you have any problems or questions following surgery, please call Elsa at (713) 489-1630 or email Elsa@drcourtney.com

Print Name:

Signature:

Date Received