

RUSSELL B. STOKES, MD

A Medical Corporation

216 W. Pueblo Street, Suite A, Santa Barbara, CA 93105
Tel: 805-687-0080 Fax: 805-687-4247

POST-OPERATIVE INSTRUCTIONS FOR BRACHIOPLASTY

1. Go home to bed. Use the bathroom only with assistance for 24 hours. Keep Quiet.
2. Sleep and rest on your back only. Do not wear rings, watches or bracelets for the first two weeks after surgery. Support your arms on pillows as it may help to diminish the swelling in your lower arms and hands.
3. Your post-operative garment is a vest with compression sleeves. You will also have dressings over the incisions inside the garment. **DO NOT** remove your dressing or garment for three days after which you may shower. We will see you the following day after surgery and check the garment and dressings for you.
4. You must wear the support garment provided for four weeks. After the initial three days, remain in the garment for twenty-three hours a day. You may be out of it for one hour to shower and wash the garment. Support should be provided during the day and especially when active or exercising. Avoid strenuous exercise, reaching, lifting of things over five pounds, raising your arms above the your shoulders for two weeks. Avoid over heated rooms and direct sunlight. This will cause more swelling
5. We will remove the external stitches 8 to 10 days after your surgery. The internal stitches will absorb over time.
6. With skin tightening it is normal to have puckering along the incision line. This will smooth out over a month or two. Your skin may feel tight and numb after the surgery. It will soften and normal sensation should return gradually.
7. You will not see the final results of your surgery for at least 3 months and sometimes longer. The healing process varies from person to person.
8. The scars will become more red at about two weeks after the surgery. They will begin to fade gradually. It will take 12 to 24 months for the scars to reach their final appearance and although they may fade even more over time, they will never completely go away. Avoid sun exposure while the scars are red. A sunblock with a rating of 15 or above should be applied if sun exposure is unavoidable. Dr. Stokes will give you further instructions on incision and scar care at your post surgical appointments.
9. It is normal to have swelling & bruising following surgery. Swelling builds for the first 72 hours and then resolves. This will be the most uncomfortable period and then should get better. The garment may feel tight at first, but should feel better as the swelling decreases. Pain is a normal occurrence after surgery. Everyone's pain tolerance varies and you will most likely experience some amount of pain. **If you have excessive pain, swelling or bleeding please call the office (805) 687-0080.**

I have read, understand and agree to follow these instructions.

signature

date