

# **Lufkin Plastic Surgery**

## **POST-OP INSTRUCTIONS**

### **BRACHIOPLASTY**

Do not shower or sit in a bath tub. Sponge bath only.

You may shower after I remove the drains from your arms on the second day after surgery. No baths until after the sutures are removed.

Page me on the second day after surgery at 7:30 in the morning by calling my office number, 637-1145 or Memorial Hospital 637-8111.

You may change the dressings if they get soiled. Expect quite a bit of watery, red drainage but not clotting red blood.

You may use Maxi-pads and ACE wrap or buy some dressings from a pharmacy. You may leave the dressing on or change it if you choose.

There are some rubber tube drains at the mid-portion of both incision lines. Call if the arms become increasingly swollen, red, and or sore. Office 637-1145 or after hours please call Memorial Medical Center 634-8111 and have Dr. Strinden paged even if they say he is not on call.

Call the office for nausea and vomiting. This can be improved or eliminated with medication. It may be due to pain medicine or antibiotic.

No alcohol for at least twenty-four (24) hours after your operation or if you are taking pain medications.

Call promptly for excessive pain, fever, or a large amount of clotting red blood. Expect watery red drainage, not clotting blood.

**No heating pads.**

Remember that a question not asked is a question not answered. Do not feel that you have a silly question if it is a concern to you.