



## **BRACHIOPLASTY CARE INSTRUCTIONS**

**These instructions are provided to assist in the healing process and ensure best results. If you choose not to follow these instructions it may increase your risk of possible complications and compromise results of the procedure.**

<b>WHAT TO EXPECT AFTER SURGERY</b>	
<b>HOSPITAL STAY</b>	A Brachioplasty operation is normally a day surgery procedure unless otherwise discussed with Dr Doyle prior to your surgery.
<b>HOSPITAL RECOVERY &amp; DISCHARGE</b>	After your surgery you will wake in recovery. When you awake you will have bulky padding taped to your arms covering your dressings. Your compression garment will also be in place. Your time spent in recovery will depend on the length of procedure and how you have responded to the surgery and the anaesthesia. The nurses will monitor you during this time and your discharge will be at the discretion of the hospital staff. Once they feel you are fit to be released, they will call your nominated person to collect you (as you will be unfit to drive).
<b>PAIN RELIEF</b>	You will be given a script for pain medication, for anti nausea and antibiotics to take home with you. Your Anaesthetist will provide you a full list of instructions. Any medications you have been prescribed can be collected from the JFH pharmacy.
<b>PAIN LEVEL</b>	Expect the area operated on to have some pain and numbness in areas. Maximum discomfort will occur the first few days.
<b>WOUND CARE</b>	You are able to shower the following day, although it is advised to have someone with you, as you may feel dizzy. You will have a large padded dressing taped to your arms. The top padded dressing may be removed prior to your shower. You will have dressings that will covering the suture line which is to remain dry and intact (until your first review appointment with our nurse). Please notify our rooms if you have any concerns.
<b>COMPRESSION GARMENT</b>	You are required to wear the supplied garment for 23hrs a day for 6 weeks.
<b>POST OP APPOINTMENT</b>	All future nursing appointments will be booked in advanced and prior to your procedure. This will be given to you when you leave hospital ( <b>see Post Op appointment information in full on page 2</b> ).



## WHAT TO EXPECT AFTER SURGERY continued

<b>HEALING</b>	You will experience swelling and bruising. Majority of this will subside in 6-8 weeks. Your recovery is subject to your response to the healing process and is different for everyone. Avoid lifting or stretching your arms over your head when possible for the first few weeks.
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## WEEKS FOLLOWING SURGERY

<b>GCPS POST OP APPOINTMENTS</b>	The standard review appointments following Wedge Resection are as follows:
	1. Approximately 7-14 days post surgery you will be reviewed by our nurse. During this visit your dressings will be checked.
	2. Approximately 3-weeks post-surgery you will be reviewed by our nurse and Dr Doyle. Your dressings will be removed, and you will be given a sample of <b>Stratamed</b> and shown how to apply to your wound.
	3. Approximately 6-week post-surgery at your review with Dr Doyle you will be given a sample of <b>Strataderm</b> for further scar care. All other appointments following this vary slightly between patients. However, review appointments are quite common approximately 3 months and 6 months post-surgery. During one of these visits, you will have photographs taken for your medical records.
<b>SCAR CARE</b>	<p>Dr Doyle's recommended topical scar treatments are Stratamed and Strataderm.</p> <ul style="list-style-type: none"><li>• <b>STRATAMED</b> – Commence using approximately 3-weeks post-surgery, you will be given a sample to use until your next appointment (at approximately 6 weeks)</li><li>• <b>STRATADERM</b> - Commence using approximately 6-weeks post-surgery, you will be given a sample to use until completed.<ul style="list-style-type: none"><li>○ Follow manufacturer's directions of use. It is recommended as a minimum treatment to continue daily applications for 60 – 90 days until satisfied and no further improvement is seen.</li><li>○ Once your sample has been used this product may be repurchased from our friendly reception team.</li></ul></li></ul>



## RETURNING TO DAILY ACTIVITIES

<b>HEALING / SWELLING / IRRITATION</b>	For comfort and reduced swelling sleep with your arms slightly raised on 1 to 2 pillows for as long as swelling persists.
	Expect to have some pain and numbness in areas. Maximum discomfort will occur during the first few days.
	You will also have some swelling and bruising on your arms. Majority of this will subside in 6 to 8 weeks. Your recovery is subject to your response to the healing process and is different for everyone.
<b>EXERCISE / ACTIVITY</b>	Start gentle walking as soon as possible to help reduce swelling and lower the risk of blood clots.
	Allow yourself at least 1 to 2 weeks to recuperate before returning to non-strenuous work. No lifting or stretching your arms above your head during this time. Most patients may resume light exercise 5 to 6 weeks after surgery.
	Strenuous exercise is restricted for 6 - 8 weeks as it may cause increased swelling, bleeding, or disruption of the healing process.
<b>SWIMMING &amp; SUN EXPOSURE</b>	Your scars will be reddened for about 12 months, and then should start to fade and soften. Avoid exposing scars to the sun. If the sun is unavoidable, always apply sunscreen.
	No ocean water or pool water for 6 weeks post surgery or until your wounds are fully healed.
<b>DRIVING</b>	You are not allowed to drive for the first 24 to 48 hours post anaesthetic. We advise you to refrain from driving for the first week after your operation for safety reasons. However, should you do so before this time you must be able to operate your car in a safe manner. This means you have to be able to react and move without pain and when you are no longer taking any narcotic medications. Swelling and pain may increase after driving due to the use of muscles related to the area operated on.

## CONTACT INFORMATION

If you have any concerns regarding your care please see our website for care information. Alternatively do not hesitate to contact our rooms on (07) 5598 0988. If the rooms are unattended and you are unwell and need medical attention please seek treatment at your GP, an Emergency Department of your choice or call 000.