



BEFORE YOUR SURGERY

- Arrange for a caregiver (18 years or older) who can take you home and be with you 24 hours post-op.
- Arrange for childcare, if needed.
- Our office will contact you the business day before your surgery with your scheduled time. In case of scheduling changes, be available and have your phone on you day of surgery for
- any updates.

SHOWERING AND AFTERCARE

You may shower 24 hours after your surgery. Pat your arms dry prior to putting your Ace wraps

- back on.
- Once the glue has come off you may begin scar care. For scar care, use a cotton swab with equal parts hydrogen peroxide and water or soap and water to remove any dry areas, then apply a thin layer of Bacitracin on open areas. Some providers will instruct you on Gel scar tape as well.

SLEEP

Sleep on your back with your arms and hands elevated on pillows to reduce swelling. Avoid sleeping on your sides or stomach.

BANDAGES

When you go home from surgery, your arms will be bandaged in Ace wraps from your upper arm to your wrist. These should fit snugly but not too tight (2 fingers should fit between your skin and the wrap).

DRAIN CARE

- You may have drains in both arms. The drains will be removed anywhere from 2 to 7 days after surgery depending on the amount of output in your drains. Your drains are sutured in so we will remove them in the office when the drainage is adequate.
- It is important to note the color, amount, and time you drain them. Record the information on your drain sheet and bring it to your post-op visit. It is normal for the color to change from bright red to a yellowish/clear color as the drainage lessens.

UNEXPECTED THINGS THAT ARE NORMAL

- It is normal for your hands to swell some. Keep your arms elevated as much as possible.
- If your fingers change color or are cool to the touch, loosen the wrap.
- Around the armpit is a common site to open. Cleanse the area with water and apply a thin layer of Bacitracin or Vaseline.



WHEN TO CALL US

Anytime you have a concern, we are available to help you. Please call the office at 757.873.3500 immediately if you have an open incision line or increased swelling in one arm or leg more than the other that is painful and/or hot to touch.

REMEMBER

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FUN FACT

Drinking pineapple juice and applying arnica can help with bruising and swelling.

If you have immediate concerns, please call the office at 757.873.3500.