

*Dr. Jeffrey Cole*  
*30140 Harper Ave. Suite 300*  
*St. Clair Shores, MI 48082*  
*Phone: (586) 415-6800*

### **BRACHIOPLASTY POST-OP INSTRUCTIONS**

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Bed rest for the first 24 hours.
3. **FLUIDS ARE EXTREMELY IMPORTANT!** Drink fluids such a Gatorade, clear Juices, or water. Do not drink anything very cold or hot, room temperature is best.
4. Take medications according to instructions on containers. If you are taking pain medication that makes you feel drowsy, have someone else give you your medications at the proper time intervals. Under such circumstances, you could forget and take them too often.
5. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find that you need your pain medication less frequently.
6. Sleep on your back for the first 48 hours, using pillows to make yourself comfortable.
7. Avoid smoking for 6 weeks after your surgery.
8. You may drive a car two weeks after your surgery or when you have discontinued your pain medication and feel capable of operating a motor vehicle.
9. You must wear your surgical garment until you are instructed to do otherwise by Dr. Cole.

*If you have any questions, concerns, and/or problems call Dr. Cole*  
*Office Phone: (586) 415-6800*  
*After Hours answering service: (248) 544-6989*

**If you experience any of the following please contact Dr. Cole:**

1. Severe pain not responding to the pain medication.
2. Temperature elevation over 100 degrees.
3. Marked swelling.
4. Any excessive bleeding.
5. Other questions or problems.

**Post-Operative Appointment:** \_\_\_\_\_

I Have read and understand the above instructions.

**Responsible Party/Relationship:** \_\_\_\_\_

**Patient's Name:** \_\_\_\_\_

**Witness:** \_\_\_\_\_ **Date:** \_\_\_\_\_