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POST-SURGERY INSTRUCTIONS: PEC MAJOR REPAIR

1. You may shower in 24 hours. Do not remove your bandage. We will change your dressing next week in clinic.
2. Expect some swelling, discomfort, and ecchymosis (bruising). This is normal. The swelling can last from several days to several weeks depending on the type of surgery you have had. Ways to lessen the amount of pain and swelling:
Rest
Use **ice** for the first 48-72 hours. If using regular ice, then apply for 20-30 minutes, four times a day.
Keep arm in sling and swathe at all times for 6 weeks even when sleeping.
Keep arm in front of your body, do not let it fall backwards while lying down.
3. You have been given a prescription for **pain medication and anti-inflammatory**. It is very important to take it as prescribed to help with the post op pain. You should stop the pain medication when you feel comfortable.
Percocet 5mg 1 pill every 4 hours as needed for pain
Toradol 10mg 1 pill every 6 hours for inflammation
4. Other medications you may take for breakthrough pain:
Tylenol 500mg (extra strength) two tablets every 6-8 hours
Advil 200mg two tablets every 8 hours – **do not take this with Toradol (ketorolac) as they act the same**
Zofran 4mg one tablet every 8 hours as needed for nausea
5. The pain medication may cause constipation. You can take **Colace**, an over the counter stool softener which should help with this. Drink plenty of fluids. If you do not have a bowel movement within 5 days then drink ½ a bottle of magnesium citrate, which is sold over-the-counter at your local pharmacy.
6. Sleeping is difficult for the first few weeks, pain tends to increase at night, this is normal. Use the medication. It is helpful to sleep in a reclined position.
6. Notify me if you develop a fever > 101° F, with increase pain, redness, and warmth. Report any unusual drainage immediately to our office.
7. You need to call 617-643-0907 to schedule your follow up office visit for **6-8 days** from the date of surgery.