

UPPER BACK LIFT POST-OPERATIVE INSTRUCTIONS

Supplies to have at home before surgery:

- Prescription medications
- Acetaminophen (Tylenol) and ibuprofen (Advil)
- Dimenhydrinate (Gravol) (anti-nausea medication)
- Constipation medications (examples: Senokot, Restoralax)

Activity:

- The back dressing needs to stay in place and remain dry until your first post-operative appointment at 1 week after surgery
- If you were given a post-operative garment, it is to be worn for 23 hours per day for four weeks after surgery. Each day you can take two 30 min breaks where you are not wearing the binder.
- Each hour, get up and walk around the house
- Take 10 deep breaths every hour while awake
- Any sleeping position is fine, as long as it is not painful and does not appear to put excessive tension on the incision
- Compression stockings on your legs are worn 24 hours per day for 5 days after surgery
- No showering for the first week after surgery. Careful sponge baths can be done during this time.
- Avoid excessive physical activity or lifting objects greater than 10 lbs for 4 weeks after surgery
- Don't sleep with pets in bed for the first two weeks after surgery
- Avoid smoking or exposure to second-hand smoke
- No baths, swimming, or hot tubs for four weeks after surgery
- If you have drains, please follow the drain care post-op form instructions

Medications:

- Ibuprofen (Advil) 400 mg is to be taken 3 times per day: breakfast, lunch and dinner with food. **NEXT DOSE:**
- Acetaminophen (Tylenol) 500 mg is to be taken 4 times per day: breakfast, lunch, dinner and bedtime. **NEXT DOSE:**
- Narcotic prescription hydromorphone (Dilaudid) or Tylenol #3 is to be taken every 4 to 6 hours, ONLY as needed. **NEXT DOSE:**

- Antibiotic (cephalexin or clindamycin), if prescribed, is to be started the morning after surgery until completed. If you were not prescribed antibiotics you do not require them for your surgery.
- Constipation medications can be taken according to package instructions if no bowel movement for 2 days after surgery
- Dimenhydrinate (Gravol) may be taken according to package instructions for post-operative nausea and vomiting

First Post-operative Appointment:

- Your back dressing will be removed at this appointment
- All sutures used in this operation will dissolve on their own
- Swelling, bruising and some degree of asymmetry is expected at this appointment
- You can shower after this appointment
- Remove the sterile tape along your incisions in the shower before your next post-operative appointment (2 weeks after surgery)

Wound Care:

- The tapes (Steri-strips) present on the incision line can be removed in the shower following the first post-operative appointment
- Any dried blood along the incision lines can be safely removed with the use of a Q-tip dipped in hydrogen peroxide or warm water. This can be done twice a day, followed with a thin application of Polysporin to the incision line.
- Do not continue to apply Polysporin to the incision line daily past 1 week. This can result in a rash or allergic reaction.

Recovery:

- Scar massage with moisturizer can begin 2 weeks after surgery
- Sunscreen is extremely important. The use of SPF 45 or higher along the incision line will prevent pigment changes due to sun exposure. This can be started 2-3 weeks after surgery. This needs to be done while wearing a bathing suit or light clothing.

RED FLAG SYMPTOMS:

If any of the following symptoms develop post-operatively, please contact the clinic immediately.

- Sudden increase in swelling at the surgical site
- Increasing pain, redness, foul odour or drainage from the incision
- Sudden increase in swelling in the cheek, jawline or neck
- Fever exceeding 38.3°C
- Persistent bleeding from an incision
- Sudden onset of chest pain or shortness of breath (For chest pain lasting longer than 5 minutes, call 911)
- Pain or swelling of the leg
- Persistent dizziness or loss of consciousness
- Coughing up blood or bloody stool

If you develop any of these symptoms and are unable to reach the clinic or Dr. MacArthur, present to the nearest Emergency Room.

Do not hesitate to call with any questions or concerns.

Clinic business hours (9AM to 4 PM): 613-595-1880

After hours: 613-219-9636 (Dr. MacArthur Cell)

Patient signature: _____

Date: _____

RN signature: _____

Date: _____