



**Sports Medicine Division Post-Operative Instructions**  
**Brad E. Brautigam MD**

**Post-Op Instructions Pectoralis Major Repair**

Please note that these instructions are general guidelines to be followed; however, any written or verbal instructions provided by your provider supersede the instructions below and should be followed.

**DIET**

- Begin with clear liquids and light foods (jello, soups, etc.)
- Progress to your normal diet if you are not nauseated

**WOUND CARE**

- Maintain your operative dressing, loosen bandage if swelling of the hand occurs
- It is normal for the shoulder to bleed and swell following surgery. If blood soaks through the bandage, do not become alarmed, reinforce with additional dressing
- Remove surgical dressing on the **7th post-operative day** – if minimal drainage is present, apply band-aids or a clean dressing over incisions and change daily.
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing a plastic covering over the surgical site beginning the day after surgery.
- You can get your wound wet in the shower on the **7th post-operative day**. NO immersion in a bath until given approval by our office.

**MEDICATIONS**

- Local anesthetics are injected into the wound and shoulder joint at the time of surgery. This will wear off within 8-12 hours and it is not uncommon for patients to encounter more pain on the first or second day after surgery when swelling peaks.
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle.
- Common side effects of the pain medication are nausea, drowsiness, and constipation. To decrease the side effects, take the medication with food. If constipation occurs, consider taking an over the counter laxative.
- If you are having problems with nausea and vomiting, contact the office to possibly have your medications changed.
- Do not drive a car or operate machinery while taking the narcotic medication or while in sling
- If you are having pain that is not being controlled by the pain medication prescribed, you may take an over the counter anti-inflammatory medication such as ibuprofen or naproxen in between doses of pain medication. This will help to decrease pain and decrease the amount of narcotic medication required. Please take as directed on the bottle.
- Please take a baby aspirin (81 mg) **two times daily** for **14 days** to minimize the risk of blood clot formation. If you are already on a blood thinner (Coumadin, Xarelto, Eliquis, etc.) please restart this the following day after surgery instead of taking a baby aspirin. If you already take a baby aspirin you may resume this unless you have specific instructions from your provider.

**ACTIVITY**

- You are to wear the sling placed at surgery for a total of 6 weeks as described
- When sleeping or resting, inclined positions (i.e.: reclining chair) and a pillow under the forearm for support may provide better comfort
- Do not engage in activities which increase pain/swelling. Unless otherwise instructed the arm should remain in the sling at all times.
- Avoid long periods of sitting or long-distance traveling for 2 weeks.
- NO driving until instructed otherwise by physician, it is illegal to drive in a sling
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable



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### IMMOBILIZER (if prescribed)

- Your sling is to be worn 6 weeks following surgery
- If there are 24 hours in a day you should be in the sling 23.5 hours a day. Removal only for hygiene, dressing, and home exercises (as instructed by our office).

### ICE THERAPY

- Icing is very important in the initial post-operative period and should begin immediately after surgery.
- Use ice machine continuously to ice for 45 minutes every 2 hours daily until your first post-operative visit. Care should be taken with icing to avoid frostbite to the skin.

### EXERCISE

- No physical therapy or home exercises other than wrist range of motion will begin until at least 6 weeks post-operative unless otherwise instructed by your doctor

### EMERGENCIES\*\*

- Contact our office M-F 8:00AM – 5:00PM at 740-454-3273
- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever (over 101° – it is normal to have a low-grade fever for the first day or two following surgery) or chills
- Redness around incisions
- Color change in distal arm and/or hand
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain
- If you have an emergency **after office hours** or on the weekend, contact our after-hours answering service at **740-454-3273** to reach an OAZ provider on call.
- If you have an emergency that requires immediate attention proceed to the nearest emergency room.

### FOLLOW-UP CARE/QUESTIONS

- If you do not already have a post-operative appointment scheduled, please contact our office at 740-454-3273 to schedule.
- Typically, the first post-operative appointment following surgery is 10-14 days following surgery
- If you have any further questions please contact us during office hours