



Discharge Instructions

1. It is okay to wash your wound. It was sealed with a water-proof glue. The strips of tape (steristrips) will fall off on their own.
2. It is okay to move the arm. Do not use a sling. If you avoid moving the arm, the muscles will contract. Do not move the arm forcefully or with any sudden jerky movements. Do not lift more than 10 pounds for one month.
3. The initial follow up should be in approximately 2 weeks.
4. It is not unusual to develop black and blue areas that can extend to below the breast or into the arm.
5. If fever, drainage or increased swelling occur, please call the office
6. If there are any other questions, do not hesitate to call