



Pectoralis Major Muscle Open Repair Post-operative Instructions

Sling

Patient will be in a sling for the next 6 weeks for comfort and protection. Keep sling on until otherwise instructed

Bandage/dressing/bathing

A light compressive dressing has been applied to patient's shoulder. Keep the dressing in place until postoperative visit. Keep it dry by using a plastic covering in the shower. Secure with tape to prevent water from getting underneath.

Swelling

Some swelling of the arm, hand and fingers is normal. Swelling can be decreased by elevating the arm on a few pillows when laying down. Swelling can be further controlled by cold therapy over the surgical site. Typically use ice 30 minutes on and 30 minutes off intervals. Never put ice directly against the skin.

Bruising

Some bleeding from the surgical site and subsequent bruising down the arm and sometimes all the way and hand is normal, this will go away with time.

Fever

A low-grade fever less than 101° is common within the first 3-5 days following surgery. If the fever is higher or last longer and is accompanied by increasing pain, patient should contact our office immediately.

Activity

For the first week try to minimize for much or open about. No carrying, lifting anything for the first 6 weeks.

Sleeping

Patients often find they are more comfortable sleeping in an upright position. You can prop yourself on a few pillows or use a recliner. However, this position is not necessary to protect repair.

Pain Medications

Unless patient has requested an alternative, we have been prescribing narcotic pain medicine. Take one to 2 tablets every 6 hours as needed. The duration of pain medicine varies depending upon the extent of surgery, but is usually necessary for the first week. Narcotic pain medicine has side effects such as nausea or constipation. If this occurs please let us know as we can find an alternative or prescribe a laxative.

Follow-up

Patient should be scheduled for a postop appointment within the first 10-14 days following surgery. At that time we will review the surgical findings anterior rehabilitation protocol.

Physical Therapy

Physical therapy usually begins 2 to 3 weeks from the date of your surgery.

IN CASE OF EMERGENCY PLEASE CONTACT OUR OFFICE IMMEDIATELY 978-927-3040