



# DISCHARGE INSTRUCTIONS FOR PATIENTS AFTER BRACHIAL PLEXUS REPAIR

You need to follow certain instructions and exercises in order to improve functional independence.



## Exercises

- Perform breathing exercises for chest expansion and relaxation
- Perform gripping exercises as taught by the therapist
- Perform active or active assisted exercises for elbow and hand if your elbow is not immobilized
- Start with light active assisted exercises of shoulder after stitch removal provided your shoulder is not immobilized
- Go for a regular walks at least 2 times a day with arm sling



## Wound Care

- Keep your incision clean and dry
- Monitor your incisions for any significant swelling, redness or drainage
- In case pain persists, use ice packs over the incision site



## General instructions

- Avoid lifting any weight with affected arm
- Use arm sling for 6 weeks



## When to contact your doctor

Call your doctor if you experience:

- Fever
- Swelling or redness over the incision site
- Weakness in the arm
- Any unusual signs or symptoms