

Postoperative Instructions For Dr. Momtazi's Lymphovenous Bypass Patients

These instructions are designed to help you care for your lymphovenous bypass and obtain the best possible results.

Dressings

- Please remove all dressings two days after your surgery; at this time, you should start daily showers
- Bruising and swelling to your chest and armpit is completely normal and expected

Showers

- Gently wash all of your skin, including the areas where you had your surgery, daily using soap and water
- Any soap is ok, but avoid fragrances
- It is safe to shower with your drains in place; do not take a bath until ok'd by Dr. Momtazi
- Do not use alcohol, peroxide or anything other than soap and water to clean your skin
- After washing, pat all areas dry and leave open to air
- If you wish to cover the area, you may reapply a light gauze dressing
- Do not apply creams, moisturizers, oils, or other products on or near where you had your surgery

Drains

- Keep track of how much fluid is coming out of your drain; you will be shown how to do this
- Drains are removed when the output is less than 30 milliliters in 24 hours for two days in a row
- Do not let anyone remove your drain without speaking to Dr. Momtazi first

Pain

- Pain to the area where you had your surgery is normal and expected; this should improve over several days
- If you have pain, start by taking BOTH Tylenol (acetaminophen) and Advil (ibuprofen) together, regularly as ordered
- It is safe to take Tylenol (acetaminophen) and Advil (ibuprofen) at the same time (unless otherwise directed)
- If you continue to have pain, you can ADD the prescription pain medication ordered by your doctor
- It is safe to take Tylenol, Advil and prescription pain medication at the same time

Activity

- Avoid strenuous activity (nothing that will increase your blood pressure) for at least 4 weeks
- Do not lift more than 5 pounds for at least 4 weeks
- Activities such as showering, cooking and moving around your home are ok

Follow up

- Dr. Momtazi will see you in follow up on _____

Questions and concerns

- If you have questions about your surgery, please call our office (780) 540-9250
- You can also reach us by email at Susan.Lamb@ahs.ca
- We are available Monday to Friday from 9:00 AM to 2:00 PM

Emergencies

- If you have a concern that you feel is an emergency, please report to your nearest emergency department



DR. MOEIN MOMTAZI