



Aftercare instructions, Breast Surgery

Activity:

You should resume light, easy activity the evening of surgery. You should raise your arms above your head and brush your hair and teeth. If your surgery was in the morning, you may wish to take a 1-2 hour nap the afternoon of surgery. It is perfectly fine to go out the evening of surgery; however, remember that you have had surgery and do not push yourself.

Resume your diet gradually after surgery. Begin with foods that are easy to digest such as soups and jello. If you are feeling up to it you can progress to regular foods the evening of surgery; however, you need not do so. You should avoid heavy, fatty foods initially. Make sure to keep yourself hydrated by drinking plenty of fluids.

For the first three days after surgery you should get plenty of rest. You should not exert yourself. Short trips out of the house are encouraged but you should not be gone for extended periods. At no time should you do something that causes discomfort.

You may shower 24 hours after surgery. You can remove the outer gauze but leave the steri-strips (the paper tape over the incisions) in place. After showering gently pat the breasts dry.

You may resume driving when you are not taking narcotic pain medication and feel comfortable and unencumbered by pain.

If you work outside the home, you may return to work in 7-10 days depending on the type of job you have and how you feel.

You should avoid reaching down with your arms to pick up your children for two weeks. Beginning a week after surgery you can squat or kneel down, hug your children into your chest and lift with your legs as long as this does not cause discomfort.

You should sleep on your back for two weeks after surgery.



Exercise:

You should walk at an easy pace three times a day for at least five minutes each time starting the day after surgery.

No lifting anything more than 10 pounds for the first week,

No activity that increases your heart rate to greater than 100bpm for three weeks.

No aerobic activity for three weeks.

No resistance exercise (upper body weight or nautilus-type exercising) for six weeks.

No swimming, sitting in a hot tub or bathing in a tub for three weeks after surgery.

Wound Care:

Keep the steri-strips or pater tape in place for 2 weeks.

Begin using silicone scar gel over the incisions 2 weeks after surgery for three months. We will provide you with more details at one of your post-operative visits.

Avoid direct sunlight or tanning to the incisions for 1 year. Use sunscreen with zinc oxide or an SPF of at least 30.

Bra:

Please do not wear an underwire or push-up bra for six weeks after surgery. You may use the surgical bra or a sports bra for the first six weeks; however, you do not have to wear a bra if you do not wish to.

Medications:

Resume any medications you were taking prior to surgery as instructed.



Take 1-2 oxycodone tablets every four hours as needed for pain. You may also take acetaminophen in addition to oxycodone; acetaminophen and oxycodone need not be spaced apart from one another. If you are allergic to Oxycodone you will have been prescribed an alternative antibiotic.

If prescribed, remove the scopolamine patch the day after surgery; wash your hands after handling the patch.

Follow all instructions that accompany any of the medications.

Follow-up appointment:

Your first post-operative appointment will be 3-5 days after surgery.

Call the Clareo Aesthetics office at 617-505-6818 immediately for any of the following:

One breast is much (more than one cup size) larger, more painful, or more bruised than the other breast.

Fever of greater than 102 degrees.

Noticeable redness of the breast.

Rapid heart rate or rapid breathing.

Difficulty breathing.

Any drainage from your incision more than three days after surgery.

Dizziness, nausea or vomiting.

Your condition worsens.

You are concerned or have questions.