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AFTER CARE INSTRUCTIONS BREAST SURGERY

DIET

- You should start resuming your normal diet gradually.
- Drink plenty of fluids/ water (eight 8 ounce glasses a day) to promote healing.
- Do NOT drink alcohol for 48 hours (2 days) after surgery or while taking narcotics.

BRA, ACE WRAP, BREAST BAND AND CLOTHING INSTRUCTIONS

- If given a surgical bra, breast band or placed in an ACE wrap, continue wearing for 72 hours/ 3 days.
- You may remove the surgical bra, band or ACE wrap to shower after 72 hours. After you shower we recommend you go to the store to pick out two sports bras. This is so you can pick the right size. You want something supportive but not too tight allowing the implants to settle.
- You may start wearing a sports bra for 6 weeks after the 2nd or 3rd day after surgery.
- If you were given a breast band, wear it for at least 1 week.
- **Do NOT wear an underwire bra for 6 weeks.**
- Wear loose, comfortable clothing.
- Try not to lift your arms over your head to put on T-shirts or sweaters for the first week.

ACTIVITY

- **SHOWER:** You may shower 3 days after surgery. Do **NOT** take a tub bath, swim, or whirlpool for 3 weeks or if there are any openings in the incision.
- If you have paper tape or Steri-Strips over the incisions, do **NOT** remove them. You may still shower with them and they will be removed in the office.
- **SLEEPING:** For the first 2 to 3 days after surgery, you may sleep with your head and shoulders elevated as much as possible to help reduce swelling and discomfort. A recliner is a good place to sleep and rest. Use multiple pillows in bed to keep your head and chest up. You can sleep on your back or sides. Do **NOT** sleep on your stomach.
- For the first few times, you may need assistance getting into and out of the bed or chair.
- You are encouraged to **begin walking.**. While sitting, alternate flexing and pointing toes several times each hour to help with circulation.
- To maintain circulation and prevent blood clots in your legs, it is important to get out of your chair or bed every hour and walk around for a few minutes. You do not need to do this during your normal sleeping hours.
- **DRIVING:** You may begin driving 5 to 7 days after surgery; longer if you do not feel comfortable with your reflexes behind the wheel. Do not drive while taking narcotic medications.

- **CAUTION:** Do **NOT** do activities that bring your arms above your head for 1 week (examples: lifting items to shelves or bringing arms above head to put on shirts).
- Do **NOT** push, pull, or lift anything heavier than 10 pounds (about the weight of a gallon of milk) for 4 weeks.
- Do **NOT** do any strenuous activity or exercise/ activities (running, weight lifting, aerobics, vacuuming) for 4 weeks. After your start exercising, go slowly over 1 to 2 weeks until you are comfortable with the exercises.
- Do **NOT** engage in any sexual activity for 2 weeks; resume when completely comfortable.
- Do **NOT** drive or handle heavy machinery while taking narcotic pain medication or muscle relaxant medications.
- Do **NOT** cross your legs or sit for more than one (1) hour in the same position while awake.
- Do **NOT** fly for 10 days, if possible.

WHAT ELSE TO EXPECT

- Some pain and discomfort for 3 to 4 weeks, although it should gradually get better from the first two to three 2 to 3 days.
- You may notice a small amount of drainage from the incision sites on the first one 1 to 2 days. This is normal. You may cover with gauze and secure with paper tape.
- If there are any sutures, they will be removed in 1 to 2 weeks after your surgery.
- Do not be overly concerned if you notice a decreased sensation in your breast/nipples. It is important to remember that breast/ nipple sensation can take up to 1 year, possibly 2, for full sensation to return. Most women, however, seem to get most of the feeling back sooner than that.
- You may hear a "sloshing" sound in the breasts if you had saline implants. This is caused by the fluid and the air in the implants. This will usually stop within 1 week.

ADDITIONAL INSTRUCTIONS

- Look at your incisions once a day to note any signs of infection:

SIGNS of INFECTION include:

➢ Incision area becoming red and warm to the touch.
➢ Drainage leaking from incision site that is cloudy or pus-like.
➢ Excessive swelling. Or more swelling on one side or the other.

WHEN TO CALL DR PARESI

Call 331-777-9955

- Fever over 100.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room

FOLLOW UP IN 7-10 DAYS

Your next appointment is

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