



BREAST SURGERY DISCHARGE INSTRUCTIONS

FOLLOW UP CARE

- Do NOT apply heat or ice to operative site
- Do NOT massage until instructed
- If a drain is placed, bloody drainage is common and will reduce over the first 2 days. The bulb must stay compressed and drainage should be measured every 12 hours.
- Keep your head elevated on 2 pillows while sleeping or resting, to help minimize swelling
- Keep your sports bra in place until your follow up appointment
- 1-2 weeks after surgery, use a molded cup sports bra at all times for 6-12 weeks
- If a follow up appointment was not made the day of surgery, please call the office to make one

OPERATIVE SITE

- Apply a thin layer of Aquaphor ointment to incision sites and cover with gauze once a day, then reapply surgical bra. Do not start until after your first shower at 48 hours.

ACTIVITY

- Do not drive for 72 hours
- Bed rest for 24 hours then you may walk around the house
- Do NOT shower for 48 hours
- Use Dove or Ivory soap and gently pad your incisions dry
- No strenuous upper body exercises for 6 weeks post operatively
- No lifting greater than 30 pounds for 6 weeks

DIET

- Resume previous diet as tolerated

MEDICATIONS

- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.
- Pain medication may cause constipation, use over the counter stool softener if needed

PROBLEMS TO WATCH FOR

- Fever over 101.4
- Increased swelling, redness and/or heat at operative site
- Excessive bleeding

Call Dr. Harvey with ANY problems that concern you: Phone # (843)722-1985. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

Patient/Responsible Party

Nurse Signature