

## **After Breast Surgery Instructions**

### **Aesthetic and Reconstructive Plastic Surgery**

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This instruction sheet has been prepared to answer many frequently asked questions after having breast surgery.

#### **Activity**

1. No lifting for the first two weeks following surgery. Limit shoulder and elbow movement. If you have had reconstructive surgery involving another area of your body, please follow those restrictions.
2. No driving for the first two weeks following surgery, and until discussed with your healthcare provider. Absolutely no driving while on prescription pain medications.
3. No strenuous activity. Do not participate in any activities which may bump or put pressure on your breasts.
4. If you are a smoker, you must refrain from smoking until wounds are healed, as it delays wound healing.
5. Showering may resume 2 days after surgery.
6. Wear surgical bra, 24hours/7 days a week, minus shower time. You should not wear an under-wire bra until cleared to do so.

#### **Wound Care**

1. Wound care may vary among individuals, but it is important to keep the incision clean and dry. Clean the incision with warm, soapy water.
2. If skin glue was used, it will be purple tinged in color and will gradually come off on its own.
3. If you go home with a drainage tube in place, empty and record the drainage amounts as instructed.
4. It is normal to have a small amount of drainage when drains are removed. Cover the areas with dry gauze and change as needed.
5. Do NOT use any heat or cold packs.

#### **Medications**

1. If you are sent home on an antibiotic, take as instructed. Take all of the medicine until gone.
2. Take pain medication as instructed, only as needed for pain.

3. Do not take aspirin or ibuprofen product for two weeks following surgery, as they may increase bleeding. Please check with pharmacist or office before taking any over the counter pain medicines if still taking prescription pain medicines.

Remember, healing is a gradual process. Expect the pain in your breasts to slowly improve. It is normal to feel discouraged while waiting for pain, swelling, and bruising to diminish.

Call the office with any questions or concerns.

For emergencies on weekends, holidays, and weekdays between 5:00pm and 8:00am,  
(317) 880-0000.

Call the office if you notice redness or swelling around the incisions, purulent (pus) or foul smelling wound drainage, wound separation, or if you have a temperature of 101.5 degrees or greater.