

## PURE PLASTIC SURGERY

### Breast Surgery Post-Operative Instructions

#### Immediately After Surgery

1. You must come for your first postoperative visit with our staff the day after surgery.
2. Your second post-op visit will be with a surgeon within a week after your surgery.
3. You must be taken home by a responsible adult over the age of 18 years-old. This individual must agree to stay with you the evening of surgery and into the next day(s) so as to ensure you are being supervised.
4. Maximum weight allowed to lift is 10 pounds for 6 weeks.
5. Drink water after surgery. You should consume at least 6-8 cups of water (8 oz each).
6. Do not take any aspirin-type products for 4 weeks after surgery. ONLY use the pain medication prescribed by the surgeon or Tylenol.
7. You are not allowed to take any herbal supplements or over the counter vitamins/medications for 2 weeks before and 2 weeks after surgery. These can cause bleeding.
8. You are only allowed to take a single multivitamin a day.
9. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
  - a. You should rest quietly and comfortably for the first 24 hours after surgery.
10. **Work:**
  - a. Expect to take at least 5-7 days off of work if you are employed.
  - b. Please limit ALL activities for the first week following your procedure.
11. **YET! YOU MUST BEGIN WALKING the evening of surgery.** Bedrest alone is not allowed. You have to get out of bed at least **5 times a day and walk.**
12. Follow a liquid diet for the first day after surgery and transition to soft diet for the next 2 days followed by regular diet.
  - a. Do not take narcotic pain medication (oxycodone) without having some food in your stomach. If not, it can cause nausea and vomiting.
  - b. Take an over the counter stool softener twice a day (Colace for example 100mg BID) while taking narcotic pain medication.
13. **Bra:**
  - a. Use a cotton sports bra that has the **Velcro in the front** to avoid having to stretch your arms along your back causing an injury to the wounds.
  - b. DO NOT use any underwire bra for 8 weeks after surgery.
14. **Showering:**
  - a. Start showering 24 hours after surgery and do so once a day.
  - b. You are only allowed to shower for the first month after surgery (no soaking underwater). Use soap and water to all incisions using a gentle circular motion and pat dry. Do not rub the wounds aggressively.
  - c. Leave the steri strips on while showering. They will fall off on their own over time or the surgeon will remove them in clinic.
  - d. **You cannot submerge yourself in a bathtub, pool, ocean, jacuzzi, hot tub until 6 weeks after surgery.**

- e. Do not place any ointments on the steri strips. Never use alcohol or hydrogen peroxide as it kills healthy tissue.
- f. Do not use warm or hot pads on the wounds.

**15. Sleeping:**

- a. Sleep with your back on 2-3 pillows the first 5 nights to decrease swelling in the breasts.
- b. You can also sleep in a recliner.
- c. Wear a comfortable cotton sports bra for support.
- d. Normal sleeping position can be after 5 days but avoid sleeping face down putting pressure on your breasts and incisions for 2 more weeks.

### **Long-Term Post-Operative Care**

1. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum**.
2. No sexual intercourse for 2 weeks. Then continue to be careful for 2 more weeks.
3. Do not drive for 5-7 days following surgery or until cleared to do so by your surgeon. Do not drive while taking narcotic pain medication (ex: oxycodone).
4. All sutures are dissolvable and do not need to be removed.
5. No smoking is allowed 6 weeks before and 6 weeks after surgery. Hopefully you do not smoke at all.
6. No alcohol for 2 weeks after surgery and when off all pain medication.
7. Do not undergo any dental procedures for 1 month after surgery to avoid infections.
8. Please avoid all direct sun exposure to the wounds for 8 weeks after surgery.
  - a. Start using sunscreen 10 days after surgery (or once steri strips have been removed) every day and use for **1 year** to minimize scarring.
  - b. After 8 weeks, you can be exposed to direct sunlight if you apply SPF 50 or greater sunscreen and reapply every hour.
9. It is **NORMAL** to have bruising and swelling to the breast(s). This will gradually improve over several weeks.

\*These instructions are not intended to cover every possible problem or situation that could arise. Good judgement on your part is essential for a good result.

Please call the office for any questions or concerns.

The office can be reached directly at **305-230-4326**.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:

**Kendall Regional Hospital**  
11750 SW 40th St.

Miami, FI 33175  
305.223.3000

**South Miami Hospital**  
6200 SW 73rd St.  
South Miami, FI 33143  
786.662.4000

\*If you have a life-threatening emergency please go to the nearest emergency department.