

# PURE PLASTIC SURGERY

## Breast Surgery Post-Operative Instructions

### Immediately After Surgery

1. 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.
2. Your first post-operative appointment will be with our staff the day after your surgery.
3. Your second post-op visit will be within a week after your surgery.
4. Take your medications as prescribed by your surgeon. You should take your antibiotics until they are finished and you should not skip a dose.
5. Maximum weight allowed to lift is 10 pounds for 6 weeks.
6. Drink water after surgery. You should consume at least 8 cups of water (8 oz each) a day, but try to drink a gallon of fluids (can be soups, juices, gatorade and water).
7. Do not take any aspirin-type products for 4 weeks after surgery. ONLY use the pain medication prescribed by the surgeon or Tylenol.
8. 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.
9. You are only allowed to take a single multivitamin a day.
10. You should rest quietly and comfortably for the first 24 hours after surgery.
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. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
13. **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.
14. Follow a liquid diet for the first day after surgery and transition to a soft diet for the next 2 days followed by a 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.
15. **Bra:**
  - a. Use your surgical bra or 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 6 weeks after surgery.
16. **Showering:**
  - a. Start showering 48 hours after surgery and do so once a day.
  - b. You are only allowed to shower for the 6 weeks 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 the 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.

**17. 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 resumed after 5 days but avoid sleeping face down putting pressure on your breasts and incisions for 6 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 **minimum of 5 days from your surgery date.**
- 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 only once you are not taking any more pain medication.
- 7. Do not undergo any dental procedures for 6 weeks before and 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 it 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.

### **Post-op Concerns**

Most post-op questions can be answered during your post-op visits. However, we are always available to answer your questions through our HIPAA compliant text messaging system Klara. If you are experiencing any of the following, please call the office:

- 1. You experience any fever (101.5 or higher taken with a thermometer), shortness of breath, chest pain or unusual pain in the operated area.
- 2. You have bright red bleeding that saturated or oozed the pads (pink or translucent oozing during the first few days is normal).

3. You have severe pain that is not responding to medication or if the incisions are showing signs of infection (such as redness that spreads away from the incision to the adjacent skin and is extremely tender), foul odor drainage through the incisions.

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

**IMPORTANT:** Do not use Klara for urgent messages between 5pm and 9am Monday-Friday and on weekends. Our staff does not review Klara messages outside of office hours. For urgent medical questions, please call the office and, if we are closed, you will be transferred to the after hours answering service.

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, FL 33175

South Miami Hospital

6200 SW 73rd St.  
South Miami, FL 33143

IF YOU ARE HAVING A LIFE THREATENING EMERGENCY, PLEASE CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM AND CALL US TO LET US KNOW ONCE YOU ARE ABLE TO DO SO.

I have read and understand the post op instructions provided above. I do not have any further questions at this time.

Patient Name: \_\_\_\_\_ Patient Signature: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_