

BREAST SURGERY INSTRUCTIONS

BEFORE YOUR SURGERY:

Preliminary:

1. No aspirin or ibuprofen-containing medications for at least two weeks before and two weeks after surgery since it interferes with normal blood clotting. If needed, use Tylenol instead. If in doubt, check with your pharmacist or with us.
2. Shower the night before and the morning of surgery with special emphasis to the chest and under arm areas.
3. Smokers should cut down to 3 or 4 cigarettes per day for 3 days prior to surgery to reduce post-operative coughing and possible bleeding.
4. Report any signs of a cold, infection, boils or pustules appearing before surgery.
5. Arrange for someone to drive you to your home or to where you are staying after surgery.
6. It is advisable to take one week's vacation from your employment.
7. Please do not wear any jewelry except wedding rings.
8. Shampoo hair the day before surgery as you will not be able to wash your own hair for 7 days.

THE DAY OF SURGERY

1. Nothing to eat for six hours before surgery. You may drink small sips of water up to three hours before surgery.
2. **Do not** take medications of any kind, unless discussed with your physician. Pre-operative medications will be given to you upon your arrival.
3. Wear comfortable, loose fitting clothes which do not have to be pulled over your head.
4. You **must** have someone drive you home after surgery. Upon arrival at the clinic, give the nursing staff your driver's name and phone number, as well as the address and phone number of where you will be the night after surgery.
5. You **must** have someone spend the first night with you. Additional instructions and prescriptions can be given to the person caring for you. Prescriptions should be filled promptly.
6. Please bring a bra with you on the day of surgery that is soft, good support, no bones, wires, or stays with adjustable shoulder straps and back closure.
7. You are not to drive or operate any mechanical tool or device following surgery because of the possible lingering effects of medication.
8. If you have any questions before your operation, please call our office on weekdays between 9AM and 5PM.

AFTER YOUR SURGERY:

1. Bed rest for the first 48 hours.
2. You may go to the bathroom with assistance as needed.
3. Take medications according to the instructions on the bottle. If taking strong narcotics or if pain medications make you feel "spacey" or drowsy, have someone else give you your medication according to proper time intervals. Under such circumstances, you could forget and take them too often.
4. The period of greatest discomfort usually does not last for more than 12 to 14 hours. Thereafter, you may find that you need pain medication less frequently.
5. Call (425) 228-3187 if you have:
 - Severe pain not responding to pain medication
 - More swelling and/or pain on one side or the other
 - If the bandages seem too tight
 - If any problems or questions arise
6. Avoid smoking for 48 hours after your operation to prevent coughing and possible bleeding.
7. No alcohol for 4 days after surgery.
8. Do not raise your arms above your shoulders or do any heavy lifting for two weeks.
9. You may drive a car with power steering after one week. Two weeks for any other type of automobile.
10. You may sleep on your back or side, but do not sleep on your stomach for at least one week.
11. Do not sit in the sun or heat for four weeks since this could cause excessive swelling and firmness. Avoid the sun and tanning beds completely for the first two weeks, after which you may be in the sun providing your breasts are well protected. After three months, there are no restrictions pertaining to the sun.
12. You may bathe or shower after the bandages have been removed (the first week following surgery).
13. Unless a bra was applied immediately after your procedure, please bring a bra with you on your first post-operative visit that is soft, good support, no bones, wires, or stays, but has adjustable shoulder straps and back closure.
14. Special exercises: after the bandages are removed, you may be instructed in special breast exercises which you should perform twice a day.
15. The strips which are applied during your first post-operative visit should be left in place and dry for 5 to 7 days.
16. Strenuous exercise, such as golf, tennis and swimming may be resumed after 6 weeks.
17. The scars will begin to fade after 3 to 6 months.
18. Occasionally one breast will be more sensitive than the other, and you may experience a heavy feeling. This is normal and you should not be alarmed unless it persists over 3 to 6 months.

NOTE: If you notice any signs of increasing firmness in one or both breasts, even months after your surgery, please notify us promptly so that treatment can be started.