

## Postoperative Instructions - Breast Surgery

For questions or problems, call our 24 hour office number:

**949-499-4565**

For emergencies, call 911.

You have received anesthesia and/or sedation. Limit your activities for 24 hours.

- Do not drive a car or operate machinery until after seen in the office.
- Do not drink alcoholic beverages (they increase the effects of the anesthesia and sedation).
- Do not make any important or critical decisions.
- Advance to a regular diet as tolerated (i.e., liquids first, then light foods such as soup, toast, etc., then solids)

If you experience any of the following, contact the surgeon immediately at 949-499-4565.

- Excessive bleeding (i.e., soaked bandages).
- Pain not controlled by the medication prescribed.
- You are unable to urinate 8 hours after surgery
- Vomiting which persists overnight into the next day.
- Any of the following symptoms of infection: fever greater than 101° Fahrenheit; excessive redness or swelling around the incision; purulent or foul smelling drainage from the incision.

Remove the dressing day after tomorrow.

- If you have visible staples or sutures you must call the office for an appointment for their removal in 5-10 days.
- Otherwise, you have sutures under the skin which will dissolve and do not require removal. The tapes across the wound will fall off in 2-3 weeks.
- If there are no staples, sutures or drainage, you have a skin sealant. This will fall off in approximately 2 weeks.

Swelling and bruising are not unusual. An ice pack may help during the first 24 hours.

Shower after the dressing is removed. Pat the wound dry and keep it clean. Cover with a dry dressing if needed for comfort.

If you have open wounds, care and dress the wounds as instructed.

Avoid heavy lifting (more than 10 pounds) for approximately four to six weeks after surgery. You should not drive until seen in the office.

If you have a drain, care for it as instructed. Call the office if the output is less than 30cc a day.

Please call the office as soon as possible for a follow-up appointment in 2-3 weeks. If you have a drain, we will need to see you in the office in 1 week.

If you have any questions or problems, please call the office. A 24-hour answering service is available.