

BREAST POST OPERATIVE INSTRUCTIONS BREAST AUGMENTATION/ IMPLANT EXCHANGE/ MASTOPEXY (BREAST LIFT)/ BREAST REDUCTION

ACTIVITY

- Quiet. Walk at least 3 minutes every few hours while awake.
- Begin massage 2 weeks after surgery or when soreness is gone.
- No sexual activity for 3 weeks after surgery.
- Refrain from lifting anything over 10 lbs. for six weeks after surgery unless otherwise directed by physician.
- **No heavy exercise, bending, lifting, jacuzzi, swimming, sun exposure, smoking or sports for 3-4 weeks following surgery.**

POSITION

- Elevate head and back on 2-3 pillows for the first 2 weeks

ICE PACKS

- Not required but OK for comfort & swelling for 20 minutes on/20 minutes off. Be sure not to place ice directly on skin.

WOUND CARE

- Leave tapes in place until next appointment. Dry with hairdryer on cool setting.
- After 3 days, remove bra and any gauze (leaving brown paper tapes in place), shower and replace bra.
- Expect bruising and swelling.

GARMENT

- If you are placed in a support bra, wear it until your office appointment.
- If the physician prescribes a compression strap for you then you must wear daily until the physician discontinues it.
- If you have an ACE wrap, wear until first postoperative appointment.
- Both the compression strap and the ACE wrap can be adjusted for comfort.

DRIVING

- Driving restricted for 4 to 6 days following breast surgery and/or while taking prescription pain (Norco) or muscle spasm medication (Flexeril).

TYPICAL MEDICATIONS AFTER SURGERY

- **Antibiotic** - take pills as directed at pre-op appointment
- **Norco (10/325)** 1 tab every 6-8 hours as needed for pain relief.
- **Colace** as needed for constipation (stool softener).
- Continue **healing supplements/surgery vitamins** until gone.

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- If you have a **Scopolamine patch** continue to wear 3 days after surgery (anti-nausea patch) *Make sure you WASH HANDS after removing this patch. The medication is absorbed through the skin and can cause blurred vision with enlarged pupil if your eye is rubbed.*
- **Zofran 8 mg** ODT every 6-8 hours as needed for nausea.
- **Clonidine patch**- do not remove for one week. This medication decreases blood pressure especially rises associated with pain and anxiety. It also reduces pain and anxiety allowing other medicines to be more effective.
- **Cyproheptadine (Periactin) 20 mg**- take 1 tablet with meals 3 times a day. Important to take if you are on antidepressants or certain other medications to prevent nausea and other problems.
- **Aprepitant (EMEND) 40 mg** tablet #1. Take with a sip of water 1-3 hours prior to surgery. If taking birth control pills, also use additional contraception for 28 days.

TEDHOSE

- Wear TED hose (compression stocking) for the first week and until walking normal amount.

Watch carefully for excessive redness, swelling, bleeding, discharge, fever (above 100F), or pain not relieved by medication.

***IF ANY OF THESE SYMPTOMS APPEAR - CALL IMMEDIATELY
(714) 902-1100***