



## **Breast Surgery Instructions**

- 1. Please call the office at (914) 693 – 5025 to make a follow-up appointment with your surgeon. This number can also be used for any urgent issues you may have.**
- 2. Call us immediately if you have any if any of the following occur:**
  - a. Bleeding from the incision or drain site (a small amount is normal)**
  - b. Fever or chills**
  - c. Redness and worsening tenderness around the surgical site**
  - d. Drainage of pus or fluid from the incision or drain site**
- 3. You may change the surgical dressing two days after your surgery and may shower then. If you have drains you may shower after they have been removed, until then take a sponge bath.**
- 4. It is normal for there to be some bruising and tenderness around the surgical site, and the breast may also be firm in this area.**
- 5. Please wear comfortable bra all day and night until your first follow-up visit with your surgeon.**
- 6. The pain medicine you have been prescribed may make you constipated, make sure you drink plenty of water. You may use an over-the-counter laxative if needed.**
- 7. You may resume your normal diet after surgery, although you may want to avoid rich foods for the first 24 hours after surgery. Alcoholic drink should be avoided while taking the prescribed pain medicine.**
- 8. You may resume normal activities as long as there is no discomfort, but do not do upper body exercises until after your follow-up appointment. Do not lift anything heavier than a large phone book. You may resume driving once you stop taking the prescription pain medicine and feel comfortable doing arm movements.**