

Follow Up Appointment

- Please make sure you have a follow up appointment scheduled with our office 1-2 weeks after your surgery.

Activity

- Avoid activities that cause the breast to bounce excessively (running, horseback riding).
- Walking for exercise and low impact exercise can be resumed when tolerable.
- Waking up and down stairs is okay.
- Sexual activity can be resumed as tolerated.

Wound Care

- It is best to wear a tight supportive bra all the time, even at night.
- Ice or a cold pack can be used reduce swelling and bruising.
- Replace the gauze over the incision in the morning following surgery. After this, follow the instructions from your doctor.
- There are steri-strips over the incision that fall off 1-2 weeks.
- It's OK to shower after the dressings are off. Don't submerge the incision under water (bathing or swimming) for 3 weeks.

Restrictions

- No strenuous physical activities for 24-48 hours follow the procedure: tennis, aerobic, house cleaning, etc.
- No lifting, pushing, or pulling of more than 5 lbs for 2 weeks.
- No swimming or hot-tubs for 3 weeks.
- No driving while taking pain medications.
- It is ok to drive when you would feel comfortable to slam your foot on the brakes.

Work Release

- Generally, you can go back to work on light duty about a week after you go home, but that will need to be confirmed with your surgeon.
- Light duty consists of no heavy lifting and avoiding frequent bending, twisting, or reaching.
- You may return to full duty in approximately 1-2 weeks following surgery after discussion with your surgeon.

Diet

- No restrictions.

Medications

- You will be given a prescription for pain medicine. Use as directed.
- It is helpful to use Ibuprofen (Motrin or Advil) with your pain medicine. You should take this as directed with food to avoid stomach irritation. Do not take Tylenol with the pain medicine.
- Pain medication refills can NOT be called into a pharmacy, you must come to the office the provider is working at that day to pick it up in person. You will need to provide ID and sign a slip. This means you can not have refills at night or on weekends.
- Pain medicine can cause constipation. Drink plenty of fluids. Use stool softeners as needed. You can use a light laxative like Milk of Magnesia if needed.
- If you are following the above instruction and do not have a bowel movement after two days please contact our office.
- Continue all medications that you had been on prior to surgery.
- If your pain medication is not working and you would like to request a different medication, you will need to either bring in the written prescription or the remaining pills if you have already filled the prescription. We will NOT give you another prescription without one of these.

Office Information

Office hours are:

8:00-12:00 & 1:00-5:00pm Monday-Thursday

8:00-12:00 & 1:00-3:00pm Friday

A doctor is on call 24 hours a day**The phone number is (503) 873-5310****Call the office if:**

- The incision becomes more painful, red or swollen, or there is drainage.
- You develop a fever above 101 F.
- You do not have a bowel movement within two days after taking mild laxative as discussed above.
- If you have nausea and cannot keep food or liquids down.
- If you have any questions.

Other Specific Instructions
