

Breast (Augmentation/Lift/Reduction) Surgery

Post-operative Instructions Following Breast Surgery

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Call the office immediately if you have:

- A temperature of 101 or greater
 - Redness that is beginning to spread from the incision site
 - Any unusual or painful swelling and redness
 - Any active bleeding soaking more than a 4x4 gauze
 - Any purulent “pus like” drainage coming from the incision site
 - Pain that is not relieved by your pain medications
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- **Right after Surgery:** Your main goal during the first few days to a week after surgery is to help minimize swelling. You can do this by keeping your upper body elevated at a 45 degree angle by either sleeping in a recliner or having several pillows behind your back.
 - **Swelling and bruising:** will be at its most noticeable stage at around 2-3 days after surgery and will then start to subside. Most bruising disappears by 7-10 days after surgery.
 - **Eating:** Start with light and soft meals. As you get more comfortable, you may progress to regular food. Drinking fluids is very important after surgery; at least 1 quart a day (about a liter). Try to drink non-caffeinated fluids.
 - **Medications:** Take your medications as prescribed.
 - You only need to take the pain medication, if you have discomfort.
 - Taper off the pain medication when your pain level starts to decrease during the first week.
 - NO ASPIRIN, ADVIL, MOTRIN, ALEVE OR ANY OTHER BLOOD THINNING MEDICATIONS FOR 10 DAYS BEFORE & 10 DAYS AFTER SURGERY.
 - Your pain medication has Tylenol in it, DO NOT take additional Tylenol while taking your pain medication.
 - The stool softener helps prevent and relieve constipation, but it is effective only if you are drinking plenty of fluids.
 - **Driving:** Do not drive yet. Once you are NO LONGER TAKING pain medication at all, and are feeling comfortable, you may start driving. Be careful when quickly turning the wheel or looking over your shoulder.
 - **Bathing:** Do not submerge yourself in water or shower for at least 4 days after surgery. You may carefully sponge bathe until that point.

- **Incision Care:** Use surgical/paper tape on the incisions to reduce scarring for as long as you can (minimum 6 months). Your tape will be changed for you at the first post-op, and after this you will be responsible for changing your tape every 2-3 days.
- **Garments:** You will be required to wear your surgical bra and breast band for 6 weeks after surgery, unless otherwise directed by Dr. Behmand or Dr. Ting during your post op.
- **Bras:** You may not use any underwire bras for at least 6 weeks post op. If you are given the approval to wear something other than the surgical bra prior to this, than you may wear a sports bra until the 6 week mark.
- **Sun Exposure:** Limit direct sun exposure for at least 6 weeks after surgery, and wear sunscreen when wearing a bathing suit or top that exposes the incisions. This will reduce the risk of darkened scars.
- **Exercise:** No exercise for 6 weeks after surgery. Avoid bending over, heavy lifting or any other activity physical activity until the 6 week mark. This includes vacuuming, lifting grocery bags and house cleaning.
- **Sensations:** You may feel slightly numb on some areas of the breast, this is normal. The areas will begin to regain their sensation as the nerves recover. This can take six months to one year. You may also experience sensitive nipple areas (itching, pins, and needles as the nerves begin to recover). This is normal & the intense nipple sensation will go away with time.
- **Follow-up:** During your preoperative appointment, you will be given a print out detailing the dates and times for your surgery and your first postoperative follow-up appointment. This sheet will be in the black folder given to you at our office.
- **24 Hour Answering Service:** If anything is urgently needed after 5pm or on the weekend, please be aware that we do have a 24 hour answering service. You may call our regular office line at (925) 939-9200 to reach the answering service.