

BREAST SURGERY (Augmentation/Lift/Reduction)

Post-operative Instructions Following Breast Surgery

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Call the office immediately if you have:

- A fever/temperature of 101 or higher
- Any unusual or painful swelling and redness
- Pain that is not relieved by your pain medication
- Any active bleeding soaking more than a 4x4 gauze
- Any purulent “pus like” drainage coming from the incision site

1. **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.
2. **Swelling and bruising:** Swelling & 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.
3. **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.
4. **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 and do not take NSAIDS for 10 days before and 10 days after surgery. This includes: ASPIRIN, ADVIL, MOTRIN, & ALEVE. You should also avoid all other blood thinning medications (please refer to the list of medications to avoid). Your pain medication has Tylenol in it, do not take additional Tylenol while taking your pain medication.
5. **Driving:** Do not drive until one week after surgery and once you have discontinued taking your prescribed pain medication. If you are not comfortable driving at one week, please wait until you feel comfortable.
6. **Showering:** Do not submerge yourself in water or shower for at least 3 days after surgery. You may carefully sponge bathe until that point. Please do not touch or remove the surgical tape (steri-strips) that are placed, but it is ok if they get wet in the shower. Please pat the surgical area dry before putting your post-surgical garment back on.

7. **Incision Care:** Use silicone or paper tape on the incisions to reduce scarring until instructed by Dr. Behmand to stop. 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. At this appointment we will provide you with a detailed set of instructions and recommendation of brand to purchase.
8. **Garments:** You will be required to wear your surgical bra and/or breast band for 1 to 6 weeks after surgery, unless otherwise directed by Dr. Behmand during your post op.
9. **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, soft bra or bralette until the 6 week mark.
10. **Sun Exposure:** Limit direct sun exposure on the incisions for at least 6 weeks after surgery, and wear sunscreen when wearing a bathing suit or top that exposes the incisions for the first year following your procedure. This will reduce the risk of darkened scars.
11. **Exercise:** No exercise for 6 weeks after surgery or until given clearance from Dr. Behmand. Avoid bending over, heavy lifting or any other physical activity until clearance is given. This includes vacuuming, lifting grocery bags and house cleaning.
12. **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, shooting pain, pins and needles as the nerves begin to recover). This is normal and the intense nipple sensation will go away with time.
13. **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.
14. **24 Hour Answering Service:** If anything is urgently needed after 5 pm or over 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 for assistance.