






PREPARED FOR	FOLLOW-UP APPOINTMENT
<p>• POST-OPERATIVE DISCHARGE INSTRUCTIONS FOR PATIENTS AND FAMILIES •</p>	
<ul style="list-style-type: none"> • Do not drive or operate machinery for 24H. • A responsible adult must be with you for the first 24H. • DO NOT DRINK ANY ALCOHOL. It may cause a dangerous reaction with the drugs in your body. • Drink plenty of fluids. Proper nourishment, including protein, helps in the healing process. You may resume your regular diet, however, do so slowly. • Avoid taking medications not prescribed by an MD . 	
 ACTIVITY	 TIPS
<ul style="list-style-type: none"> • No lifting anything heavier than 10 pounds. • You may shower in 48H after surgery. • No swimming or baths for 6 weeks after surgery. • Avoid upper body exercise or strenuous activity for 4 weeks. • You may go for walks. • You may drive when you are off narcotic pain medicine. • You may resume general exercise in 4 weeks. 	<ul style="list-style-type: none"> • It is OK to put your hands over your head to wash hair, or reach for something on a shelf. • Eating fresh (not canned) pineapple or taking a Bromelain supplement helps to decrease bruising. • OK to apply ice to the surgical area, DO NOT apply heat. • Avoid manipulation of breasts during intimacy until all incisions are fully healed.
 MEDICATIONS	
<ul style="list-style-type: none"> • Hydrocodone/Norco: 1-2 every 4-6H as needed for pain. • Valium (5mg): 1 tab every 8H as needed for muscle spasms. • Zofran (4mg): 1 tab under tongue every 4-6H as needed for nausea. • Take Miralax as needed for constipation. • Taking the pain medication with soft food and large volumes of water may lessen any side effects of nausea. 	 THINGS TO CALL FOR
	<ul style="list-style-type: none"> • Bruising and swelling is NORMAL. Continual bleeding or abnormal swelling, particularly if it is only on one side, should be reported. • Temperature of 101.5 or above. • Skin color changes to very dark purple or gray. • Skin on breast is pink or red, and warm to the touch. • Incision edges appear to separate. • Inability to urinate within 6 hours of returning home. • Yellow or foul-smelling discharge from incisions.
 SURGICAL SITE & WOUND CARE <ul style="list-style-type: none"> • Incision may get wet. Do not scrub at incision. Do not submerge in bathtub or pool. • Wear surgical bra or camisole around the clock. Inspect breasts twice per day. • Leave any steri-strips or nipple protectors in place. • We will discuss scar therapy in the office once all incisions are healed. 	