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Aesthetic Plastic and Reconstructive Surgery
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BREAST SURGERY POST-OP INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Bed rest for first 48 hours.
3. You may go to the bathroom with assistance as needed.
4. Take medications according to instructions on bottles. If you are taking pain medication that makes you feel drowsy, have someone else give you your medications according to the proper time intervals. Under such circumstances you could forget and take them too often.
5. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find you need your pain medication less frequently.
6. Placing cold towels over the breasts often relieves discomfort significantly.
7. If you had a breast reduction or an implant exchange, drains may have been placed. You must empty and measure drainage and record every 24 hours. Additional instructions will be given regarding drain care.

For Breast Reduction or Mastopexy Procedure:

1. Check the color of the nipple areola every 2 to 3 hours while awake. Call our office if it appears dark or purple in color.
2. It is not unusual for the nipple areola to be numb post-operatively.
3. You may need to wear a tube top or sports bra to offer support & comfort post-operatively.

Call the office if you have any of the following:

1. Severe pain not responding to the pain medication.
2. More swelling and/or pain on one side than the other.
3. A temperature of 100° or above.
4. Other questions or problems.

Additional Instructions:

1. Avoid smoking for 48 hours after your surgery to prevent coughing and possible bleeding.

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2. Do not do any heavy lifting for 2 weeks after surgery.
3. You may drive a car with power steering after 2-3 days.
4. Do not sleep on your stomach for at least 3-4 weeks.
5. You may bathe or shower the first day after surgery.
6. No sports or strenuous activities for 2 weeks following surgery, including exercise walking.
7. If you notice any signs of increasing firmness of one or both breasts, even months after your surgery, please call our office.

Follow-Up Office Visits:

1st Visit: Next day after surgery for a wound check.

2nd Visit: 2-3 days after surgery. If drains have been placed, please take your pain medication One hour prior to your appointment and have someone drive you.

3rd Visit 7 days after surgery. Sutures will be removed at this time. Steri-strips may be placed and used for 2-3 weeks. After this, you may be given instructions regarding scar massage.

Subsequent visits will be determined by Dr. Sheffield/Dr. Lowenstein. Postoperative photographs must be taken during one of these visits.