



POST OPERATIVE INSTRUCTIONS BREAST SURGERY

Begin taking Arnica Montana from your VitaMedica recovery pack the night of surgery. Continue taking other pre-operative VitaMedica supplements as directed. Full instructions will be listed on the package.

1. **IF** given a bra at the surgery center, wear it day and night until your follow-up appointment.

2. While resting, keep your head and shoulders elevated on at least two pillows. Do not sleep on your sides or stomach.

3. A light diet is best the day of your surgery. Begin taking liquids slowly if they are tolerated. You can start a regular diet the next day.

4. If you have pain or discomfort take the medication prescribed for you. **It is necessary to take the medication with food to avoid stomach upset.** If you are not having pain, do not take the pain medication. Do not take aspirin or aspirin products or ibuprofen, and do not consume alcohol while on medication.

5. Surgical tape will be glued onto incisions with surgical glue. Keep this intact. May shower after 48 hours from the procedure if you do not have drains or foam placed. If you do have drains or foam padding, you may take a bath.

6. The tape usually takes 2 weeks to peel off on its own. Expect small amount of dried blood on the bandages. After two weeks, silicone sheeting or cream will be applied to improve the appearance of the scars.

7. Bruising and swelling are normal and will dissipate with time. If you experience extreme pain, a fever above 101F, excessive bleeding or drainage, rapid swelling in one or both breasts, injury to incision sites, or other problems related to your surgery, please call the office immediately.

8. Pain medications and anesthesia may cause constipation. Please drink at least 8-10 glasses of water per day and inform us if you have not had a bowel movement in 2 days after surgery.

9. Strenuous activities should be avoided the first week to 10 days after surgery. You may gradually resume normal daily activities, being careful to avoid any activities that cause pain or discomfort.

10. You may begin driving when you are no longer taking medications that cause drowsiness.

11. Unusual sensations like numbness, sharpness, and bruising are common during the healing process. These sensations may last several weeks and will slowly disappear over time. If you are concerned about any feelings that you are experiencing, please contact the office.

12. Avoid swimming pools, hot tubs, and saunas for at least 4 weeks after your surgery. Do not swim in rivers, lakes, or streams for at least six weeks after your surgery.

13. Avoid direct exposure of the sun to incisions for at least 12 months after surgery as they will be extremely sensitive to sunlight during the healing phase. Use a sunblock with UVA and UVB protection if incisions are exposed to sunlight or tanning beds.

14. Please take all medications as directed. If you experience nausea, vomiting, shortness of breath, diarrhea or a rash after taking your medications, please call the office.

If at any time you have any questions, problems, or concerns please feel free to contact the office at (512)600-2888.