

BARRY J. COHEN, M.D., P.C.

Breast Reduction/ Mammoplasty **Post Op Discharge Instructions**

Please review the following discharge instructions and be sure that you understand them. If you have any questions, please contact our office at 301-656-6398.

- You may sponge bathe the day after surgery, but do not get the incision sites wet
- You may resume showers 48 hours after surgery; remove the bra and let the water hit the breast but do not scrub the incision site, after the shower pat the incision dry and put the bra back on. If the bra is cutting off the circulation due to swelling you will need to cut a slit in either side of the bra.
- You will need to change the pads inside of the bra every 24 hours or as needed until the drainage has ceased
- Do not remove the steri strips over the incision sites. If the steri strips fall off in the shower it is okay and they do not need to be replaced.
- The bra needs to be worn 24 hours a day. At your one week follow up the doctor may allow you to change to a sports bra. Underwire bras should be avoided for up to three months
- It is best to sleep in a reclining position with pillows behind you. You should not sleep on your side or your stomach.
- You should avoid lifting, pulling, or pushing for three weeks.
- Do not take any medications containing aspirin or Motrin for the first two weeks after surgery
- You will need to increase your fluid intake (i.e. water, gatorade, or gingerale etc.) to help prevent dehydration
- A fiber supplement is needed to help decrease the risk of constipation related to usage of pain medications
- It is very important to walk around the house every hour that you are awake. This will help to prevent blood clots from forming in your legs. You will be given TED stockings the day of surgery. They need to remain on until the evening after surgery.
- If you do not urinate within eight hours after surgery you will need to get a catheter place to empty your bladder. You will need to come to the surgery center during business hours or go to the nearest emergency room after hours
- Deep breathing every hour while awake to promote full lung capacity. It may hurt to take deep breathes after surgery, but it is essential to help prevent the possibility of pneumonia
- You may eat light foods the day of surgery such as toast, crackers, soup, jello, etc. Greasy foods may cause nausea and vomiting. The day after surgery you may increase your diet as tolerated
- **ABSOLUTELY NO SMOKING!** Smoking will compromise blood flow to the surgical area, which can cause delay in the normal healing process.

PLEASE CALL THE OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR

- Please note that you may have a low-grade fever related to surgery. If the fever is 101.1 or above please contact the office
- If you are short of breath that is not relieved by sitting in the upright position.
- Significant bleeding or drainage from the surgical site
- If one breast is twice the size as the other or if severe bruising is present

Please contact the surgeon's assistant to make your one week post op follow up.

THE SURGERY CENTER WILL CONTACT YOU ON THE NEXT BUSINESS DAY TO CHECK ON YOUR STATUS AND ANSWER ANY QUESTIONS OR CONCERNS THAT YOU MIGHT HAVE

Patient Signature _____ Date _____

Revised 8/2006 M. Smith RN
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