



## **Preoperative and Postoperative Care Instructions**

### **Breast Surgery Post-Op Instructions**

- Take medications as prescribed by your physician.
- Please do not drive while taking medications or until released by your physician.
- No lifting over 10 lbs. or strenuous activity with the surgical side. Do not lift the elbow of the surgical side above the shoulder for 3 days. Then gradually increase your range of motion.
- Wear a support bra day and night for the first 3 days (may be removed for showering). Expect some numbness, tingling, or stinging near incision site and radiating down the arm.
- You may shower in 24 hrs. Remove outer dressing in 48 hours, leaving sutures or steri-strips intact. Cleanse with antibacterial soap and water.
- Gradually increase your activity, continuing to take frequent deep breaths and cough every 2 hours to expand your lungs.
- Please call the office on the next business day (the office is closed Sat-Sun and holidays) to schedule a follow up appointment for 10-14 days after your surgery.
- Please contact the office if you develop a fever of 100.4 or greater, have excessive bleeding, nausea or vomiting, inability to urinate, or pain greater than expected.

**Please contact our office if you have any questions or concerns.**

**(251) 424-1620**