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