

## **POST-OPERATIVE INSTRUCTIONS FOR BREAST SURGERY**

1. You must have someone available to drive you home from the surgery center and remain with you for the first night following surgery. If you live further than 30 miles away from the surgery center, we ask that you stay locally for the first night. You may opt to stay at the hospital overnight. Please discuss this with your patient coordinator.
2. Take the pain medication as directed on the bottle if needed for pain. Ideally, it should be taken with food to prevent nausea. Take the antibiotic as prescribed until all the pills are gone. The nausea medicine works very well and has a tendency to make you feel tired.
3. Start with a bland and soft diet and progress slowly. No alcoholic beverages are allowed for one week after surgery and especially while taking the medications.
4. Please refrain from lifting more than 10 lbs, driving, and light housework. You may drive once you are not taking the narcotic pain medication.
5. Any signs of excessive bleeding swelling should be reported to the office. If the bra becomes excessively tight, please telephone the office. Bleeding after breast surgery is rare, but if one breast becomes dramatically larger and more painful than the other please call Dr. Kerr at 512-244-1444.
6. You may take a quick shower two days after surgery. Remove all the gauze in the bra and throw it away. Shower, and pat the incisions and remaining steri-strip tapes dry with a clean towel. Replace the bra. No gauze is needed unless you are having some slight drainage from the incision sites and want to keep it from getting on the bra. Be careful in the shower and have someone with you if you are feeling lightheaded from the pain medication.
7. Please continue to wear the surgical bra until your follow up appointment. You may notice some bruising and swelling, which is quite normal. You are to stay in this bra, day and night, for four to six weeks.