

MINNEAPOLIS PLASTIC SURGERY, LTD.

763-545-0443

After hours: If answering service does not pick up call 763-520-4404

AFTER SURGERY INSTRUCTIONS

BREAST SURGERY

- Take your medications as prescribed. See separate page.
- Call your doctor if you notice progressive swelling (some swelling is to be expected), bleeding, or soreness, particularly if you notice the difference only on one breast.
- It is necessary that you stay quiet for the next 24 hours, as excessive activity may cause bleeding to occur.
- Sleep on two or more pillows. This will help decrease soreness and swelling.
- You may apply ice packs to breasts as needed. Do not use ice on the lower breast areas if you had breast lift surgery.
- Keep the dressings on your breasts intact until you see your doctor.
- You may drink liquids when you arrive home. By evening, if you are not nauseated, you may have a light meal.
- DO NOT drink any alcoholic beverages (beer and wine included) for 5 days or while taking pain medication. Alcohol, medications and/or anesthetic drugs may interfere with good judgment.
- DO NOT drive a car or operate machinery for the next 48 hours.
- DO NOT lift any objects greater than 5 lbs. for 2 weeks.
- DO NOT engage in any strenuous activity that involves the use of your arms, i.e. vacuuming, heavy lifting, or raising your arms above your head for 2-3 weeks.
- You may shower tomorrow. Do not go in any hot tubs, tub baths, pools, or Jacuzzis until OK'd by the doctor (minimum of 3 weeks).
- Someone from Minneapolis Plastic Surgery will call you this evening to inquire about your condition and answer any questions you may have.
- Do not hesitate to call the doctor's office if you have any questions about your recovery.
PHONE: 763-545-0443.