

MARIAM AWADA, MD, FACS
MICHIGAN COSMETIC SURGERY, PLC

Post-Operative Instructions

Now that you have had your breast surgery, here are a few tips to help you heal.

Medication Instruction

- Please fill all of your prescriptions prior to your surgery.
- **Norco:** Take when you get home from surgery 30 minutes after having a small meal. Then as instructed for pain.
- **Keflex:** Antibiotic that you will also start when you come home from surgery, then take as directed.
- **Medrol Dose Pack:** used for swelling and inflammation. Start morning **AFTER** surgery, follow instructions on package.

Diet

- Stay hydrated (drink at least 4 cups of water daily) and limit caffeine or alcohol for at least 2 weeks after your surgery. Hydration helps the healing process.
- Start with bland liquids on day 1 and advance to high fiber regular over 24 hours as you tolerate.
- Take a stool softener with meals while on your pain medication.
- Take your medications directed. Do not drive while taking pain medication.

Activity and Ice

- Get up and walk for 10 minutes every couple of hours to keep circulation in your legs on Day 1 and light activity only. Do not exercise or lift more than the weight of a gallon of milk and avoid strenuous activities, weight lifting for 4 weeks. Avoid strenuous arm exercise, lifting above your shoulders or pulling/pushing for the first couple of weeks.
- Use frozen peas or ice placed over a paper towel on the top of your breast every half hour on and off for the first few days after surgery to minimize swelling and pain.
- Try to lay flat with one pillow behind your back and limit sitting straight up all the time for the first few days after surgery to help with healing and swelling.
- You will be taught breast exercises and massage at your first postoperative visit and do not need to do anything until then.
- Sponge bathe only. Do not shower until you are cleared to do so on your postoperative visit. Do not bathe in tub, swim, or use a hot tub until cleared to do so (likely after 4 weeks).

Dressings and Bra

- Keep your dressings clean, dry and in place. Do not change your dressing until you have been seen by your doctor or you have been instructed to do so.
- Wear your postsurgical bra until you have been seen for your first postoperative visit. You will be instructed when you can wear a different bra. You will be fitted and may purchase a different type bra at your first visit.
- Keep your bra pulled down below your breast crease as it will tend to ride up with movement.

Other

- Do NOT smoke for a minimum of two months after surgery, you will compromise your healing.
- During normal business hours please contact our office with any questions 248-948-5500

In case of after hours emergency contact Dr. Mariam at **248-**

Call the office if you have uncontrollable vomiting, this can be a temporary side effect of the anesthesia.

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