



My BREAST CANCER *Doc*

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Oncoplastic Breast Reduction Post-Operative Instructions

You should purchase these supplies prior to your surgery:

- * Few tubes of bacitracin ointment
- * Sports bra that is not too tight
- * Gauze pads or maxi pads or nursing pads
- * 1 bottle of antibacterial soap
- * Roll of paper tape (such as Micropore®)

Minimize arm activity for first week after surgery (you can lift up to 15 pounds, but you must keep your elbows by your sides). You can gradually increase arm movement but still restrict yourself to less than 15 pounds for the first four weeks. You should also restrict yourself from excessive pushing or pulling for those four weeks as well.

You cannot drive an automobile while on narcotics.

Advil, Ibuprofen, Motrin and Aspirin should be avoided within the first week after surgery.

Sleeping on your back is best, at a 30 degree angle if possible (to help with swelling), for the first 2 weeks.

Icing the breast is fine for the first week after surgery to decrease swelling and pain. Avoid heat.

You may reinforce your dressing with ABD pads, gauze or maxi pads but call the office if you continue to soak through.

You can sponge bath until your first visit with Dr. Schwartz and then may shower the following day after your first check-up. You are to dress your breasts daily at that point with antibiotic ointment, gauze, and a sports bra.

For your shower, remove your dressing and then allow the water to run over your breasts but do not scrub them. Pat your incisions dry after your shower and then replace the ointment, gauze and sports bra.

The sports bra is to be worn at all times, day and night, for one month. At that point, you may stop wearing the sports bra at night but should continue during the day. At three months, you may wear whatever bra you desire, including an underwire bra.

Additional expectations:

All sutures will dissolve; none require removal.

You should be able to return to non-strenuous work within 5-7 days (working from home, computer work).

Moderate discomfort for the first week after surgery that is relieved with the prescribed pain medications.

Pathology results will be made available to you at your post-operative visit and are not discussed over the phone.

Your follow-up appointment should be within one week after surgery.

Some moderate bruising or swelling of the breasts that resolves within 6-8 weeks.

Bloody or clear drainage from the incisions on your dressings for the first 7-10 days (pads will keep your clothes clean).

Changes in nipple sensation that resolve over several months and areas of the breast skin that are numb that will also slowly regain sensation.

There may be some intermittent stabbing pain in the breasts as the skin nerves are repairing. This should resolve within 6 months.

You are unrestricted to begin any physical activity 4 weeks after surgery.

Your final bra size can be determined 3 months after surgery.

Your scar will continue to fade for 2 years after surgery.

Please call the office 24 hours per day, 7 days per week and request to speak to Dr. Schwartz if the above instructions do not answer your questions or if you experience:

Intense pain that the prescribed medications do not relieve.

Increases swelling, firmness and pain in one breast that is not present in the other breast.

Drainage on your dressing that is increasing and soaking through additional pads.

Fever greater than 101.5

Incisions that appear to be opening or becoming red or hot

Pus draining from your wounds

If you have had lymph node surgery as well:

Ice packs are very helpful with armpit swelling and tenderness

If you have a drain, follow the additional instructions given for drain care