



## Breast Surgery

### Post-Operative Instructions

#### Immediately After Surgery

1. You must come for your first postoperative visit with our staff the day after surgery.
2. Your second post-op visit will be with a surgeon within a week after your surgery.
3. You must be taken home by a responsible adult over the age of 18 years-old. This individual must agree to stay with you the evening of surgery and into the next day(s) so as to ensure you are being supervised.
4. Maximum weight allowed to lift is 5 pounds for 6 weeks.
5. Drink water after surgery. You should consume at least 6-8 cups of water (8 oz each).
6. Do not take any aspirin-type products for 4 weeks after surgery. ONLY use the pain medication prescribed by the surgeon or Tylenol.
7. You are not allowed to take any herbal supplements or over the counter vitamins/medications for 2 weeks before and 2 weeks after surgery. These can cause bleeding.
8. You are only allowed to take a single multivitamin a day.
9. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
  - a. You should rest quietly and comfortably for the first 24 hours after surgery.
10. **Work:**
  - a. Expect to take at least 5-7 days off from work if you are employed.
  - b. Please limit ALL activities for the first week following your procedure.
11. **YET! YOU MUST BEGIN WALKING the evening of surgery.** Bedrest alone is not allowed. You have to get out of bed at least **5 times a day and walk.**
12. Follow a liquid diet for the first day after surgery and transition to soft diet for the next 2 days followed by regular diet.
  - a. Do not take narcotic pain medication (oxycodone) without having some food in your stomach. If not, it can cause nausea and vomiting.
  - b. Take an over the counter stool softener twice a day (Colace for example 100mg BID) while

taking narcotic pain medication.

13. **Bra:**

- a. Use a cotton sports bra that has the **Velcro in the front** to avoid having to stretch your arms along your back causing an injury to the wounds.
- b. **DO NOT** use any underwire bra for 8 weeks after surgery.

14. **Showering:**

- a. Start showering 24 hours after surgery and do so once a day.
- b. Use soap and water to all incisions using a gentle circular motion and pat dry. Do not rub the wounds aggressively.
- c. Leave the steri strips on while showering. They will fall off on their own over time or the surgeon will remove them in clinic.
  - a. If the Steri Strips do not begin to fall off after 3 weeks you can remove them in the shower. Wet the Steri strips and once the adhesive is weakened you can slowly pull on the Steri strips.
- d. **You cannot submerge yourself in a bathtub, pool, ocean, sauna, jacuzzi, hot tub until 6 weeks after surgery.**
- e. Do not place any ointments on the steri strips. Never use alcohol or hydrogen peroxide as it kills healthy tissue.
- f. Do not use warm or hot pads on the wounds.

15. **Sleeping:**

- a. Sleep with your back on 2-3 pillows the first 5 nights to decrease swelling in the breasts.
- b. You can also sleep in a recliner.
- c. Wear a comfortable cotton sports bra for support.
- d. Normal sleeping position can be after 5 days but avoid sleeping face down putting pressure on your breasts and incisions for 2 more weeks.

## Long-Term Post-Operative Care

1. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a total of **5 days at minimum**.
2. No sexual intercourse for 2 weeks. Then continue to be careful for 2 more weeks.
3. Do not drive for 5-7 days following surgery or until cleared to do so by your surgeon. Do not drive while taking narcotic pain medication (ex: oxycodone).
4. All sutures are dissolvable and do not need to be removed.
5. No smoking is allowed 6 weeks before and 6 weeks after surgery. Hopefully you do not smoke at all.
6. No alcohol for 2 weeks after surgery and when off all pain medication.
7. Do not undergo any dental procedures for 1 month after surgery to avoid infections.
8. Please avoid all direct sun exposure to the wounds for 8 weeks after surgery.
  - a. Start using sunscreen 10 days after surgery (or once steri strips have been removed) every day and use for **1 year** to minimize scarring.

- b. After 8 weeks, you can be exposed to direct sunlight if you apply SPF 50 or greater sunscreen and reapply every hour.
9. It is NORMAL to have bruising and swelling to the breast(s). This will gradually improve over several weeks.

\*These instructions are not intended to cover every possible problem that could arise. Good judgement on your part is essential for a good result.

**For optimal scarring results** Dr. Zuriarrain recommends that you please purchase our Silagen Scar Therapy System, and begin using 2 weeks post operatively. Please ask one of our Staff members for more details.

Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent skin and is extremely tender or if you develop chills and/or fever. Please take you temperature with a thermometer a clinically significant fever is a temperature of **102 degrees Fahrenheit or greater**.

### In case of emergencies:

For any after-hour **emergencies** please call 786-804-1603 for immediate assistance. If you are experiencing a life-threatening emergency, please call 911.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

### For an emergency please go to:

1. Baptist Hospital  
8900 North Kendall  
Miami, FL 33176  
786-596-1960
2. South Miami Hospital  
6200 SW 73 Street  
South Miami, FL 33143  
786-662-4000
3. Larkin Hospital  
7031 SW 62nd Avenue  
South Miami, FL 33143  
(305) 284-7500