

## Post-Operative Care Instructions for Breast Surgery

*(Augmentation • Explant • Mastopexy • Reduction)*

### Medications

Please follow all medication instructions provided in your post-operative folder. Taking your medications as directed will help manage discomfort and support a smooth recovery.

- **Pain control:** Alternate **Tylenol** and **Ibuprofen** for discomfort unless otherwise instructed.
- **Antibiotics:** Take **every 6 hours**, beginning with the first meal you eat after surgery.
- **Stool softener:** Take **daily** to prevent constipation associated with anesthesia and pain medications.
- **Zofran (ondansetron):** Use **as needed** for nausea or vomiting.
- **Zyrtec:** Take **daily** as directed.
- **Toradol:** May be taken **as needed** for pain rated **greater than 7/10**, if prescribed.
- **Cyclobenzaprine:** May be taken **as needed** for muscle tightness or spasm, if prescribed.

### Activity

- Walk around your home several times a day to promote circulation.
- Avoid lifting anything heavier than **8–10 lbs** for the first few weeks.
- Avoid strenuous activity, bouncing movements, or exercise until released by your provider.

### Dressings & Incision Care

- Leave all dressings in place unless you are instructed otherwise.
- Keep incisions **clean and dry**.
- Do not apply ointments, creams, or lotions to the incision unless directed.
- It is normal to see mild drainage on dressings for the first 24–48 hours.
- Wear your surgical bra continuously as instructed for 6 weeks.

### Bathing & Hygiene

- You may shower **24 hours** after surgery unless told otherwise.
- Let water run gently over the area; avoid scrubbing the incisions.
- Do not submerge in a bath, pool, hot tub, or ocean for at least **6 weeks**, or until cleared.

## Expected Symptoms

You may experience the following during early recovery:

- Tightness or pressure in the chest
- Mild swelling and bruising
- Sensitivity or altered sensation around the breasts or nipples
- Fatigue for several days after surgery

These symptoms are normal and typically improve each day.

## When to Call Us

Please contact the office right away if you experience:

- Fever over **101°F**
- Sudden increase in breast size on one side
- Redness, warmth, or spreading rash around the incision
- Drainage that is foul-smelling or yellow/green
- Severe pain unrelieved by medication
- Nausea or vomiting preventing adequate hydration
- Shortness of breath or chest pain (call 911)

## Contact Us

We are here to support you throughout your recovery.

- To speak with a member of our care team, please **call or text (813) 542-2587**.
- **Urgent text messages** received outside of regular business hours will be answered as promptly as possible during reasonable waking hours.
- After hours, the **answering service** can contact the physician on your behalf for emergencies.