



Post-operative Breast Surgery Instructions

1. Have a responsible adult staying with you for the first 24-48 hours. To prevent postoperative blood clot development, using assistance from an adult, try to get up as early as possible and move around as often as you can (start with hourly walks to the restroom and back and increase walking time as tolerated).
2. Non-strenuous activities or exercise for the next 6 weeks.
3. Wear your surgical garment for 4-6 weeks.
4. Sleep on the back for 2 months.
5. Showering: When cleared by Dr. Markelov, you may shower with clean running water and a soap. No bathtub or soaking in the water for 2 months after the surgery or until cleared by Dr. Markelov.
6. If prescribed sequential stockings, they should to be worn for five days. If traveling back home via plane or long car rides, please wear stockings on the plane (may remove to shower).
7. No heavy lifting until approved by Dr. Markelov
8. No aspirin or alcohol for 2 weeks after surgery (increases bleeding). Do not drink alcohol while taking pain medication (this combination can be deadly).
9. No smoking for the entire period of recovery (it can affect healing).
10. Take Medications as prescribed. Do not use any lotion on your incision site until cleared by Dr. Markelov. Make sure you don't constipate.
11. You may resume sexual activity 6 – 12 weeks after surgery based on the recovery.
12. Notify the doctor immediately if there is an increase in pain, discomfort, bleeding or fever, observed wound opening, redness or heat and discharge (pus).
13. In case of a true emergency such as loss of consciousness, difficulty breathing, chest pain call 911 immediately.

