

Dr. Anthony Stephens
5233 Dijon Drive
Baton Rouge, La 70808
225-767-7575

AFTER YOUR BREAST SURGERY:

- 1. You will have gauze/dressing over your incisions and a bra that the hospital will provide for you. If this bra is uncomfortable, you may purchase a sports bra that closes in the front that is loose fitting. It is important that any bra you use does not rub your incisions. This can cause breakdown of the incisions and discomfort.*
- 2. Limit activities for the first 24 hours. Assistance may be needed if you are still drowsy from the sedation. Some patients are more comfortable lying flat, while others prefer to recline. Please do whatever is most comfortable for you.*
- 3. Post-op anesthesia: Please take deep breaths and cough frequently following your surgery. This will diminish the chances of respiratory problems associated with general anesthesia.*
- 4. Ice packs to the chest will be beneficial in the first 48 hours after surgery to minimize swelling and bruising. It may also reduce the pain.*
- 5. Take medications according to instructions. The greatest period of discomfort will be the first 12-24 hours. After this time you may find you need the medication less frequently. Something like Extra Strength Tylenol may supplement or replace the narcotics after the first two days.*
- 6. Call our office **(767-7575)** if you have:
Severe pain not responding to the prescribed pain medication.
More pain, swelling, and/or bruising on one side than the other*
- 7. Avoid alcohol as long as you are taking prescribed medications.*
- 8. Progress your physical activities as long as your comfort level allows. A simple rule of thumb is "If it hurts, don't do it!" Do not lift, push or pull heavy any heavy objects for 2 weeks.*
- 9. Diet: Start with liquids such as soup, gatorade, or juice and crackers or toast just to get something in your stomach. All narcotics have the capacity to cause nausea, as does general anesthesia.*
- 10. When you feel up to it, you may take a tub bath, but do not get your dressings wet. On the 3rd day, you may take a shower.*

11. A bra must be worn for 3-4 weeks day and night after surgery. No underwire bras.

12. Do not play vigorous sports or exercise for the first 3 weeks. When you are no longer taking pain medication, you begin mild walking.