

**Gregory W. Pippin, M.D., F.A.A.C.S.**  
**1111 Medical Center Blvd**  
**N406**  
**Marrero, LA 70072**  
**(504) 349-6400**

### **BREAST SURGERY POST- OPERATIVE INSTRUCTIONS**

1. Please be sure to wear a loose-fitting blouse with a button or zipper front closure both on the day of surgery, as well as on the first post-operative days.
2. It is imperative that you be seen within the 3<sup>rd</sup>-7<sup>th</sup> post- operative day.
3. You may sponge bathe and have someone shampoo your hair for you, **BUT DO NOT GET YOUR DRESSINGS WET. You may take a shower when cleared by Dr. Pippin.**
4. Please call our office immediately if any severe pain or excessive swelling develops.
5. You may call our office at any hour of the day or night (504) 887-FACE for any concerns or questions.
6. **AVOID HEAVY LIFTING (CHILDREN, HEAVY OBJECTS). AVOID ARM RAISING FOR TWO WEEKS POST-OPERATIVELY.**
7. You may resume stretching and aerobics in 4 weeks.
8. You must wear your sport bra with strap for 6 weeks. Avoid any underwire bras for 3 months. It is advisable to continue to wear a bra daily in order to support the weight of the new breasts.
9. Driving is not advised for at least 4 to 5 days following surgery.
10. Avoid vigorous athletic activities (such as jogging, stairmaster or aerobics) for four weeks.
11. You may begin special breast massage 1 to 2 weeks following surgery. This should be done for 5 minutes, 4 times a day during the first 2-3 post-operative months. Some patients may experience mild pain during the first week of massage; however this will resolve in a short period of time. Dr. Pippin will instruct you on how to perform the massage. Be sure to ask if you are not told.

### **LONG TERM POST-OPERATIVE CARE**

1. The normal post operative follow up appointments are at 3-5 days after surgery, 2-3 weeks after surgery, 2-3 months after surgery, 6 months after surgery and one year after surgery. Dr. Pippin advises that you be seen yearly after that point.
2. As one ages, the breasts may have a tendency to fall, which can often be accelerated by the weight of the implants. Some of this may be avoided by wearing a bra as often as possible especially when doing impact sporting activities.
3. If you begin to feel that the breast are becoming more firm, you should come to the office for a check-up any time during the first two years.

**IF YOU HAVE ANY CONCERNS OR QUESTIONS, PLEASE CONTACT OUR OFFICE AT (504) 887-FACE. THERE IS ALWAYS A PHYSICIAN ON CALL FOR OUR PATIENTS WHO WILL BE IN DIRECT CONTACT WITH DR. PIPPIN REGARDING ANY QUESTIONS.**

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**PATIENT'S SIGNATURE**

**DATE**