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POSTOPERATIVE INSTRUCTIONS FOLLOWING BREAST SURGERY

1. **EXTREMELY IMPORTANT:** Stay quiet and inactive in a recliner or with the head of the bed propped-up (e.g., with a couch cushion or rolled-up blanket under the mattress); plus use pillows under your shoulders and head. Sleep on your back the first 24-48 hours. Place pillows or cushions on both sides of you in bed to keep you from turning on your sides during sleep. Keeping ice packs on the breasts often feels good and may diminish bruising and swelling overnight. After the first 24-48 hours, you may sleep in any position that is comfortable for you, expect avoid sleeping on your stomach for 2 weeks postoperatively.
2. **IMPORTANT:** If at any time, especially in the first 24-48 hours postoperatively, you notice excessive swelling, massive bruising, or extreme tightness (keeping in mind that some swelling, bruising, and tightness is normal) or a combination of these on one or both sides, call the office immediately.
3. Before going home, you will be given an appointment for your first postoperative visit **THIS IS MANDATORY.**
4. After arriving home, begin taking sips of fluid such as water, tea, apple juice, or 7-Up.
5. **ABSOLUTELY AVOID ASPIRIN COMPOUNDS** (salicylates or salicylic acid) and **Vitamin-E** for 10 days.
6. Starting after the surgery, wear the recommended sports bra and bra strap as instructed. Please do not wear an underwire bra until given permission to do so (it may adversely effect your new shape). We suggest that you do not purchase many new bras until you are at least 6 weeks postoperative.
7. You may sponge bathe until about your 3rd postoperative day, then you may shower with warm water if cleared by Dr. Pippin. Do not get breasts and armpits submerged in a bathtub, etc. **NO HOT SHOWERS, SUNBATHING, HOT TUBS, JACUZZI, SAUNAS, SWIMMING, TANNING BOOTHS, ETC...FOR 1 FULL MONTH.**
8. Contact the office if incisions become red, swollen, or oozing.
9. If you are not taking pain or sedative medications, you may drive an automobile on the 5th postoperative day. You may also do light shopping and desk work. No heavy lifting or heavy arm-shoulder activity for 2 weeks.
10. Avoid getting overheated for at least 10-14 days. You may resume lower body exercises and sexual activity 10-14 days after surgery. Be gentle and not overly vigorous and be careful not to injure your breasts. You may begin full exercise in 1 month (check with Dr. Pippin first— aerobics, golf, etc.).

For routine questions, call the office any weekday between 9:00 a. m. and 4:00 p. m. In an EMERGENCY, call (504)887-3223 any time, day or night.

PLEASE KEEP THESE INTRUCTIONS SO THAT YOU MAY REFER TO THEM AS NEEDED.

Signature/Date

Witness