



BEFORE YOUR SURGERY

- Arrange for a caregiver (18 years or older) who can take you home and be with you 24 hours post-op.
- Arrange for childcare, if needed.
- Our office will contact you the business day before your surgery with your scheduled time.
- In case of scheduling changes, be available and have your phone on you day of surgery for any updates.

SHOWERING AND AFTERCARE

You may shower 24 hours after surgery (however, no baths, pools, hot tubs, or oceans).

The padded gauze may be removed but keep the surgical tape in place. Pat dry before placing your bra back on.

SLEEP

Sleep on your back, elevated at a 30 to 45-degree angle until your doctor advises otherwise. Avoid sleeping on your stomach or sides.

WEARING YOUR BRA

We will provide a bra that has been fitted for you after surgery. Wear this 24/7 until your doctor directs you otherwise. When approved by your doctor, you may start wearing a soft, supportive bra without underwires or excessive tightness.

UNEXPECTED THINGS THAT ARE NORMAL

It is normal to have nipple sensitivity and some nerve pain as healing progresses. You may require a drain after your operation.

FOLLOW-UP VISITS

- Your first visit will be one week after surgery with your doctor or a nurse. They will check your sutures and how you are healing.
- You will return to see your doctor at two weeks to remove the surgical tape.

DRAIN CARE

If you have drains, proper care is important. Document the date, time, and amount of drainage when emptied, and note the color. It is normal for drainage to appear blood-tinged and gradually can lighten as the days go on. The drains are sutured in and will be removed by a nurse if drainage is indicated. If your drain does not appear to be draining well or you observe clots/thickened particles in the tubing, you may “milk” the tubing to clear the line (this will be demonstrated immediately post-operatively). After emptying the bulb, ensure to squeeze the bulb prior to closing the port to activate suction.



REMEMBER

No bending or pushing or pulling greater than 10 pounds until directed by your doctor to increase activity.

FUN FACT

Drinking pineapple juice and applying arnica can help with bruising and swelling.

If you have immediate concerns, please call the office at 757.873.3500.