

# Postoperative Instructions

## Breast Surgery

### 1. Activity

- Go straight home after procedure. Rest for the first 24 hours after surgery.
- Gradually resume light activity as tolerated. You may walk and use stairs.
- Avoid heavy lifting (over 15 lbs), excessive arm movement, or strenuous exercise until cleared.
- Do not drive, operate machinery, or make important decisions for at least 24 hours (especially if you received anesthesia or sedation) or while taking opioid pain medications.

### 2. Diet

- Start with clear liquids and progress to a regular diet as tolerated.
- Avoid alcohol for 48 hours.
- Drink plenty of fluids unless otherwise instructed.

### 3. Medications

- Restart home medications as directed on your discharge paperwork. Restart anticoagulants as instructed.
- Do not take additional medications unless approved by your provider.

### 4. Wound Care

- Surgical vest or sports bra should be worn 24 hours a day for the first 2 weeks except while showering.
- Keep the surgical site clean and dry.
- If you have a glue dressing, do not remove it. If you have a plastic dressing, you may remove it after 48 hours and place new gauze/tape.
- May shower. No swimming, baths, pools, or hot tubs until incision healed, approximately 2-3 weeks.
- Empty surgical drain as needed (if present). You may change the dressing around the drain site with Neosporin, gauze, and tape.
- No smoking as it impairs wound healing.
- Watch for signs of infection:
  - Increased redness, swelling, or warmth, purulent or unusual drainage, foul odor

### 5. Pain Management

- Use prescribed pain medication as directed.
- You may use over-the-counter pain medications such as Tylenol or Ibuprofen if previously discussed.
- Apply ice packs for 20 minutes every 4-6 hours during the first 3 days.

### 6. When to Call Your Doctor

- Fever over 100.4°F (38°C)
- Severe or worsening pain not relieved by medication
- Excessive bleeding or swelling (minor bruising and swelling is somewhat expected)
- Difficulty breathing, chest pain, or calf pain
- Persistent nausea or vomiting
- Any other concerns

### 7. Contact Information

- Office Phone (any time day or night): 208-321-4790
- Non-urgent questions/concerns please email: [Assistant@capsurgical.com](mailto:Assistant@capsurgical.com)
- Emergency: Call 911 or go to the nearest Emergency Room.

### 8. Follow-Up with Dr. Gay as scheduled, typically 1-2 weeks after surgery.