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POSTOPERATIVE INSTRUCTIONS- BREAST SURGERY

The instructions listed below are general guidelines for your review. A more in depth discussion about specific instructions for you will take place prior to your being discharged home.

- Take medications as prescribed
- Do not take any aspirin or alcohol for at least two weeks.
- Absolutely no smoking; smoking can lead to serious complications.
- When in bed, rest with your head elevated and your arms by your sides.
- If you have drains in place, follow the instructions carefully for measurement and charting of output. Bring the chart with you to every office visit.
- No exercise, heavy lifting, or strenuous activity.
- Do not disturb or change your dressing unless specifically instructed to do so by Dr. Rosenberg. The dressings will be changed on your first post-operative visit, usually within 24 hours of your surgery in the case of breast reduction or lift. Breast augmentation patients may shower the morning following surgery.
- Please bring a bra to our office for your first post-operative visit.
- Wear a bra at all times until instructed by Dr. Rosenberg that it may be discontinued.
- Breast augmentation patients should begin massage twice daily one week after surgery.