

Breast Surgery General Instructions

In this handout you will find instructions on how to prepare for your breast procedure as well as what to expect while you are healing. Please feel free to ask questions.

Before your breast procedure:

1. Do not take medications which are known to prolong bleeding for 2 weeks prior to and 2 weeks after you procedure. These include aspirin, ibuprofen (Advil, Motrin), Vitamin E or red wine. If needed only take Tylenol® for pain and aches.
2. Please arrange for a family member or friend to be with you for at least the first 24-48 hours following your procedure.
3. Do not plan any trips that will require traveling large distances until at least 4-6 weeks after your procedures.
4. You will need weeks off from work depending on the procedure.

On the day of your breast procedure:

1. Please remove contact lenses and avoid wearing makeup.
2. Avoid using hairspray, mousse or gel.
3. Please keep your valuables and/or jewelry at home.
4. We advise dressing in comfortable attire; clothes that are easy to put on and take off, and that don't fit tightly.

After your breast procedure:

1. You may find bandages and a brassiere covering your breasts. The bandages and brassiere will stay in place for 2 days.
2. After 2 days the bra can be removed and the bandages thrown away. You will then be permitted to take a shower. The dressings can get wet. Keep the water pressure on your back and not directed toward your breasts.
3. After you shower, gently pat the breasts and the dressings dry with a towel. Do not remove the dressings over the incisions. They will stay on until your follow-up appointment. Replace the brassiere and keep it on at all times.
4. Please wear a supportive sports bra without underwire.
5. For the first weeks rest and sleep on your back with pillows or in a recliner

6. At home you can get up to go to the bathroom or walk around the house. Please use caution when doing tasks such as climbing stairs when you are taking pain medications.
7. Light exercise such as walking for distances outside your house or sitting on an exercise bike is permitted after 2-3 weeks. Heavy exercise and heavy lifting are permitted after 6-8 weeks. You will be able to drive after one to two weeks depending on pain medication and on how you feel.
8. Nausea should resolve in the postoperative period. Make sure to drink liquids frequently after your operation. Do not take your pain medication on an empty stomach.
9. Use the pain medication when you are feeling uncomfortable.
10. You may or may not have drains coming out under each breast. If you do have drains they will be removed in the office.

What to expect as you are healing:

1. Your breasts will be sore, swollen and bruised. This will take several weeks to subside.
2. You may experience numbness in the breast and nipple area. This will subside over several weeks to months.
3. There may be drainage or staining from the incisions. A piece of gauze or a cotton sanitary napkin can be placed in your bra to protect your clothes.
4. Your incision may be raised, red, and feel hard for months. The scars will fade with time.

Follow-up appointments:

1. Several follow-up appointments will be scheduled after your breast procedure.
2. Your first follow-up appointment will be at 1 week. The abdominal dressings will be removed and drain output will be assessed to determine if they are ready to be removed.
3. Your second appointment will be 3-6 weeks after your first follow-up appointment
4. Subsequent appointments will be scheduled based on your progress.

If you have any questions please do not hesitate to contact Dr. Lin's office at 617-632-7369 during and after business hours.