



Name: \_\_\_\_\_

DOB: \_\_\_\_\_

## **POSTOPERATIVE INSTRUCTIONS – BREAST SURGERY**

Please refer to “GENERAL POSTOPERATIVE INSTRUCTIONS” for additional instructions.

- Please avoid strenuous activity for 4-6 weeks.
- Try to sleep on your back for 1-2 weeks.
- Call us immediately if you notice one breast suddenly getting larger and causing worsening pain.
- You will have steristrips on your incisions. These will usually take 2-3 weeks to fall off. Please do not remove them before 2 weeks unless they come off on their own.
- If you have an inverted T incision, it can be normal to have delayed wound healing at the “T” junction at the bottom of your breasts. This may result in a small opening with fluid that drains. This will resolve and heal on its own.

### **If you have implants:**

- Avoid straining your chest muscles for 4-6 weeks. This means not lifting anything greater than 10 pounds or working out your chest muscles.
- Avoid anything that causes your implants to bounce. This includes most aerobic activity such as running and most aerobic classes. A stationary bicycle is okay.
- Do not submerge your breasts under water for 4 weeks.
- You will be most swollen 2-3 days after surgery which causes your breast to feel and look larger than they will be. Much of the swelling will subside after 1-2 weeks.
- Call us immediately if you notice one side having increased swelling, pain, and redness.

If you have any concerns or any signs of bleeding, infection, or wound problems, please call our office at 617-340-2822.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date