

# HEARTLAND PLASTIC —| & HAND SURGERY |—

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## INSTRUCTIONS FOLLOWING YOUR BREAST ENLARGEMENT, LIFT OR REDUCTION

1. **ALWAYS WASH HANDS THOROUGHLY BEFORE TOUCHING OR CARING FOR SURGICAL SITE**
2. You will experience some swelling and a feeling of tightness. You may experience changes in nipple sensation or bruising.
2. You may experience some pain for the first several days after surgery. Do not hesitate to take the pain medicine as prescribed. Remember this may make you drowsy. Do not drive or operate machinery while taking prescription pain medication.
3. **Do not take any aspirin or anti-inflammatory medicine for three weeks after surgery unless cleared in clinic postoperatively.**
4. Wear the provided bra 24 hours a day, except when showering, until directed otherwise in clinic. A dry gauze bandage may be used over the incision for comfort. You may also wear the bra over a thin cotton t-shirt for comfort.
5. You may remove the dressings and take a lukewarm shower in \_\_\_\_\_ hours. Thereafter, shower twice daily. You may have small paper strips along the incision lines for extra support. If present, you should wash over the strips with soap and water. Do not remove them. If you have yellow gauze on the incisions, remove it. **DO NOT TAKE TUB BATHS OR OTHERWISE BE IN WATER.**
6. You will feel tired. This is a common side effect from the anesthesia and the surgery. It may be several weeks before your energy level returns to normal.
7. You should not drive until comfortable and not taking the prescription pain medicine.
8. You should NOT do any heavy lifting, high reaching, vacuuming, strenuous activity, or exercise for three weeks after surgery. Avoid being outside during very hot or cold weather. Avoid unnecessary car trips and errands.
9. **If your temperature goes above 100.5 F or you notice any excessive redness or swelling of the incision lines or separation of the suture lines please call the office at 573-334-4263.**