Activities and Restrictions after Breast Surgery

Call Surgeon’s office to schedule post-op appointment as instructed by your surgeon.

Your incision will be covered with steri-strips (thin pieces of tape) or dermabond (skin glue) leave in place until you see your surgeon.

Shower or bathe as instructed by your surgeon. If you have drains, your surgeon may instruct you to not shower or bathe, sponge bath is ok. Instructions will be given at time of discharge, if any questions, please contact your surgeon’s office.

If you need a visiting nurse, this will be arranged for you prior to discharge.

Wear bra as instructed by your surgeon.

Take prescription pain medication as needed, may also take Tylenol and/or Ibuprofen instead if adequate pain coverage. DO NOT TAKE TYLENOL AND PRESCRIBED PAIN MEDS TOGETHER.

No alcohol for 24-48 hours; may interact with anesthesia.

No swimming pools, whirlpools, hot tubs for 2 weeks, unless okayed by your surgeon.

Do not lift or push heavy object (more than 20 lbs), including vacuuming, for 1 week.

Do not drive car 2 days after surgery and no driving while taking narcotic pain killers.

No ointments or creams to the incision.

Take food with pain medications to avoid nausea or stomach/intestinal issues.

Possible postop symptoms, no cause for alarm: slight skin discoloration, slight bruising, slight oozing from incision, numbness around incision, tingling, slight discomfort at surgery site, change in breast contour.

CALL SURGEON’S OFFICE IMMEDIATELY IF ANY FEVERS (TEMPERATURE ABOVE 102), PERSISTENT SEVERE PAIN, CHILLS, BLEEDING, EXTENSIVE BRUISING, REDNESS AND WARMTH OF INCISION, OR A LOT DRAINAGE FROM WOUND.