

After your Breast Revision Surgery

Instructions and Information from Dr. Dauwe

When you leave the surgery center you will be drowsy following surgery- we have given you medications to help make you more comfortable. Please go home and take a 2 hour nap.

Once you wake from your two hour nap, please make sure to eat something substantial. Crackers are not enough. If you wake feeling nauseous, it is usually either because you took your medication on an empty stomach, you are not drinking enough fluids and are becoming dehydrated, or your blood sugar is low and you need to eat.

You have been given a prescription for pain medication. Please take a pill before bed the evening of surgery (preferably after you have kept something in your stomach to avoid stomach irritation). It's a good idea to take another pill the morning following surgery, since you may feel a bit stiff and uncomfortable when you begin to move around. If the pill disagrees with you in any way, simply try Extra-Strength Tylenol. If for any reason you are experiencing significant pain, please notify the office.

Infection following any type of plastic surgery is extremely rare. Infection is usually not apparent for several days following surgery. If you notice significantly increased redness or swelling accompanied by tenderness or fever at any time, call so that we may examine you. It is normal to experience a low-grade temperature up to 101° after surgery. If your temperature elevates about 102°, please notify the office.

Your incisions will be covered with tape. Please leave this in place for two weeks.

It is not necessary to wear a bra following surgery. Some patients, however, find that they are more comfortable in one. You may certainly experiment with which feels best and works best for you. Please refrain from any bra with padding or underwire for the first 6 weeks after surgery.

Remember that the shape of your breast will change gradually over the first 6 weeks. Please wait 3 months before getting professionally measured and fitted for new bras.

All of your "stitches" have been placed beneath the skin to avoid any marks on the skin. These will dissolve over a period of weeks, and can be completely ignored. Small strips of tape will be over your incisions. They may be stained by drainage from the incision initially, but should be left in place until they begin to come loose at the edges. You may remove them at home 2 weeks post-surgery, or we'll be happy to remove them for you in the office.

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It is very important for you to resume all of your normal activities such as raising your arms and caring for your hair as much as possible. Although you may feel some slight tightness with some arm motion, you cannot harm your breast in anyway. In fact, you will recover more rapidly if you resume normal activities.

The surgery center nurses will show you how to do a series of arm raises before you leave the surgery center. These exercises consist of raising your arms above your head in a slow moving jumping jack motion and touching the back of your hands together. Your goal should be to do a set of 10 of these every 30 minutes that you are awake. Continue with these arm raises into the second day. Once you feel you are moving normally enough, you can drop the hourly routine.

Please avoid any type of aerobic exercise (which elevates your pulse rate over 100) for two weeks following surgery. You may gradually resume your exercise after two weeks, and remember to wear a good supportive "jog bra" whenever you are exercising. You may resume weight lifting 3 weeks after surgery.

You may shower normally the day of surgery. Wetting the incisions or tapes by showering will not harm the incision areas in any way. Simply pat dry the area when you have completed your shower. Do not submerge the incisions for bathing for at least 6 weeks following surgery.

As we discussed prior to surgery, you will have areas of your breast, which will have decreased sensation to touch after surgery. This is normal, and as swelling subsides and the skin nerves regrow, sensation will return.

After your tapes have been removed, you will notice that there will be a small ridge along the incision lines. These ridges are normal and necessary to achieve the best long-term scar results. They will flatten and soften over a period of time. You will also notice some redness to the incision itself. This will subside over the first few months. Please do not use any scar treatment on your incision without checking with the office first.

Remember that the degree of swelling will be different on the two sides even though we have performed the exact same surgery on both sides. Don't worry about any differences in swelling or bruising you will see in the first three weeks after surgery.

Please call the office within 24 hours of returning home to update us on your progress and to schedule a post-operative visit.

If you have additional questions or should any problems arise, please contact the office immediately by phone at 214-821-6580