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Patient instructions **After Surgery:** **Breast Surgery**

1. Do not strain or reach overhead for 1 week. Ambulate the evening of surgery. Gradually increase activity as tolerated.
2. Starting the day after surgery, you may shower but do not remove the dressing. Remember, most household accidents happen in the bathroom so have someone available to assist you.
3. Ambulate with assistance on the evening of surgery. If you are in bed awake, move your legs and feet to prevent blood clots.
4. You may comb or wash your hair.
5. Call the office if you have:
 - a. Severe pain not responding to medication
 - b. Severe bruising, sudden increase in pain or swelling that is greater on one side than the other may indicate a hematoma.
 - c. Temperature.
 - d. Shortness of Breath.
 - e. Chest pain.
 - f. Bad Headaches.
 - g. Repeated vomiting.
 - h. Drug reaction (swelling, rash, itch, fever, nausea, vomiting).
6. Treat nausea early. Swallowed mucous can upset G.I. tract easily. Retching or vomiting may increase swelling or bleeding.
7. Call the office to schedule post-operative appointment and to address any questions or concerns.
8. Avoid alcohol 48 hours before surgery and 2 weeks after surgery.
9. Only take medications prescribed or advised by the doctor.
10. No aspirin or ibuprofen compound containing drugs for 14 days following surgery. Tylenol is okay.
11. Do not drive while taking pain medication.
12. If there are any sutures, they will be removed 7 to 10 days after surgery.
13. Be patient. The process of healing and "softening period" does take time.
14. DO NOT SMOKE. Smoking causes poor circulation. Starving tissue leads to scarring, infection and wound healing problems.
15. Follow the instructions and call the office if you have any questions or concerns.

I have received and understand the discharge instructions provided to me.

Patient's Signature

Date