



BREAST SURGERY

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



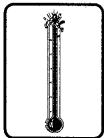
ACTIVITIES

Rest today. You may want to wear a support bra 24 hours a day for support and comfort. Avoid any heavy lifting or strenuous activity with your arm on the side on which you had surgery.



SPECIAL CARE NEEDED

Keep your dressing dry and in place for 48 hours. Then you may remove the dressing and shower. Pat the incision dry and allow the pieces of tape to fall off on their own.



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Chest pain or shortness of breath
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

Call 911 if you have chest pain or shortness of breath