



DR. BRENINS' 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 then your usual diet.



ACTIVITIES

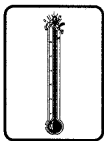
Get plenty of rest today. No heavy lifting (greater than a gallon of milk) for 2 wk. Keep a bra on as much as possible for the next 48 hr. If the bra causes you discomfort, you may remove it.



First aid

SPECIAL CARE AND INSTRUCTIONS

- Keep the incision clean and dry for the next 48 hr. You may remove the gauze dressing in 48hr. Leave the adhesive band aids (steri-strips) in place. They will curl up and come off on their own. You may shower after 48 hr. and pat the incision dry. Do not submerge the incision under water in a bath or swim for 2 wk.
- After the incisions are completely healed, you may massage lotion, aloe or vitamin E into the area (but not if you are receiving radiation treatment)
- Do NOT take Aspirin, Motrin or Advil. Do Not take your prescription medication and Tylenol at the same time.
- The pathology report from your biopsy should be ready in 4-5 working days. Call the office for the report and to schedule your appointment (generally 2 weeks after surgery)



INFECTION

Watch for any sign of infection after surgery: fever, chills, increased pain, redness, or swelling.



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
- Vomiting lasting more than four (4) hours
- Large amount of bleeding (more than one teaspoon)

Call 911 if you have chest pain or shortness of breath