



**Deborah J. White, MD PC**  
Aesthetic & Reconstructive Surgery

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**BREAST POSTOPERATIVE INSTRUCTIONS**

1. No alcohol should be consumed for 72 hours following surgery. No aspirin or aspirin containing products such as Motrin, Advil or Nuprin should be taken for two weeks after surgery. Tylenol is OK if your pain medication is too much.
2. Discomfort or Pain: Pain after surgery is the rule not the exception. Each person responds to pain a little differently. You will need to learn how much medication to take to ease your pain, but you cannot expect not to feel any discomfort.
3. Narcotics can cause itching, nausea, depression, sleep disturbances and severe constipation. This is normal and not an allergy. We strongly recommend replacing your narcotics with Tylenol as soon as the pain lessens from surgery. Begin Metamucil as directed on the container the first day after surgery to prevent constipation.
4. Antibiotics must be taken if prescribed until all of them are gone.
5. Watch for any significant or alarming swelling, redness, bleeding or bruising in surgical areas. Also note any pain that is out of the range of expected discomfort. Watch for high fevers (over 101 degrees) and chills. If this occurs, contact us immediately through the office phone number at anytime, day or night.
6. No pressure of any kind is to be placed on the breasts for two weeks; this would include stomach sleeping.
7. Scars will be sore, may sting or itch, and may be uncomfortable initially. Over time discomfort lessens and the scars improve. It will take months for the scars to soften and fade. Scars are permanent and sometimes may be unattractive. They may become raised and red because of your unique healing traits. We cannot predict the quality of scar you will have on your breast.
8. A postoperative garment will be applied after surgery. Wear this garment continually 24 hours a day for breast support until instructed otherwise by Dr. White.
9. You may shower 24 hrs. after your surgery, unless you have drains. Remove the bra and gauze, but leave the tape in place. You may get them wet, but don't soak them. Pat them dry and replace your bra. You may line the bra with gauze or panty liners if the wounds are still leaking; otherwise they are not necessary. You may be given a strap to wear over the breasts to help keep

the implants where they belong while healing. Continue to wear the band as instructed until you are told to stop.

10. Limit your lifting to less than 10 pounds, avoiding repetitive arm movements. **AVOID VIGOROUS WORKOUTS** for 3 to 6 weeks is advised. Your discomfort will be your guide. **IF IT HURTS, DON'T DO IT!** You may return to light exercise at 2 weeks and gradually increase as tolerated. You can return to work within 5-10 days. Your level of discomfort will be more if you have new implants under the muscle and this discomfort may dictate when you can go back to your normal routine.
11. No two breasts look alike. We are no mirror images, where each half is exactly like the other. The breasts are rarely, if ever completely symmetrical. Perceived differences may be something that you notice as you scrutinize you results. Every effort has been made to make your breasts shapely, symmetrical, uniform and lovely. Your anatomy will sometimes constrain our ability to obtain perfection.
12. Depending on your breast surgery, you may have drains placed during surgery. If drains are in place, you may only take a sponge bath until they are removed. Please see your drain care sheet and follow these instructions.

**Please contact office at anytime with any concerns to 480-614-3535**

**APPOINTMENTS:**

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