



## Chest Excision Post-operative Instructions

Congratulations on your decision to pursue cosmetic surgery! I have prepared several pointers which will help you to best recover from your recent procedure, in order to obtain the safest and most satisfactory outcome.

### 1) Immediately after surgery:

- a) No heavy lifting (more than 5 pounds)
- b) Keep your arms comfortably at rest at your sides, though you may move them as tolerated, if comfortable
- c) Sleeping is usually most comfortable on your back, propped up on pillows, but you may sleep on your side if comfortable
- d) Wear your compression garment/tensor bandages at all times, to reduce swelling and maintain the shape of the breasts
- e) The dressing is to remain dry and in place until I see you for your first post-operative visit. You may sit in the tub, but please keep the bandages dry. *The initial bandage often becomes soiled with drained blood after surgery. This is normal and should not be a cause for alarm.*
- f) You may eat a regular diet
- g) No driving until discussed with me
- h) Take all medications as prescribed:
  - i) Usually Tylenol #3 or Percocet, 1 or 2 tablets every 3 to 4 hours **as needed** for pain. This may be supplemented by over the counter anti-inflammatories, such as Motrin or Advil
    - (1) Note that the pain medicine may make you nauseous or constipated; you may use over-the counter stool softeners such as Colace, if necessary
  - ii) Antibiotics, usually Keflex, every 6 hours for 5 days. This is not as needed, but mandatory
- i) Call my office to arrange a follow-up appointment for about 5-7 days after surgery
  - (1) **Things to watch out for; the presence of these mentioned conditions warrants a call to myself**
    - (a) A rapid increase in pain, swelling and firmness of one, or both, breasts, with a bluish discoloration of the skin
    - (b) Ongoing fresh staining of the dressing with blood
    - (c) High fevers above 38.5 C or 101.5 F
  - (2) **These conditions are commonly seen after surgery, and is not usually a cause for alarm**
    - (a) Pain, bruising, and mild swelling are normal and expected after surgery
    - (b) Low grade temperature is often seen early after surgery
    - (c) Mild differences in size and shape are common and normal in the early recovery period

**2) Late post-operative period:**

- a) No heavy lifting, upper body weights, vigorous exercise such as aerobics, jogging or swimming, for 4 weeks after surgery
- b) Driving is allowed once you are off narcotic pain medication, **and** can move comfortably enough to react to any driving situation appropriately
- c) You may shower after the first office dressing change, and gently wash directly over the breasts
- d) Wear your compression garment/tensor bandage at all times for the first 4 weeks, unless otherwise directed
- e) Dry gauze may be placed inside the bra if small amounts of drainage persist
- f) Your stitches will be removed two weeks after surgery. Creams and lotions over the scars are not to be used unless otherwise directed
- g) Normal activities may be resumed as tolerated by 6 weeks after surgery

**3) If any of the above information is unclear, or any other questions arise, please do not hesitate to contact my office**

- a) **During office hours, Monday to Friday: 613-792-4137**
- b) **After hours and weekends: call my office, where you will be directed to the Plastic Surgeon on call;**
  - i) **Alternately, call the Queensway-Carleton Hospital switchboard at 613-721-7878, ext. 0, and identify yourself as a present patient of mine who needs to speak to the Plastic Surgeon on call.**
  - ii) **Additionally, my personal email is [askdrsilverman@rogers.com](mailto:askdrsilverman@rogers.com), though I cannot guarantee an emergent response via email.**

Wishing you a speedy recovery,  
H. Silverman, MD