

DR. WENIGER'S CHEST SKIN EXCISION POSTOPERATIVE INSTRUCTIONS

During the first week following your surgery, the two major problems to watch for are hematoma (a collection of blood under the skin) and infection. Any significant increase in the size of one breast, firmness, severe bruising, or increased pain not controlled by medication may be signs and symptoms of a hematoma. Fever over 101 degrees F, swelling, severe redness, or drainage can be signs of infection. These should be reported to our office immediately.

NOTE: There will be some expected bruising, pain, and swelling the first 48 hours and a very scant amount of bloody drainage on your dressings/bra.

DO:

- Sponge bathe only for the first 72 hours (keep incisions dry and keep surgical bra/dressings on).
- Leave steri-strips (adhesive tape over incisions) in place. We will remove them in the office ~3 weeks.
- Take your narcotic pain medicine as needed and always take with food.
- Use Tylenol/extra strength Tylenol when pain medicine runs out or if too strong. Ibuprofen can be used one week after surgery.
- Eat as tolerated. Start with something light. and then advance diet slowly. Eat plenty of protein and avoid salt. Limit water intake.
- Sleep on your back and use pillows to keep head and chest elevated (at least 45 degrees) for the first 72 hours.
- Walk every three hours while awake after surgery to prevent blood clots (walk to bathroom, kitchen, around house, etc.). Walk OUTSIDE daily beginning the day after surgery.

DO NOT:

- Drive until instructed by Dr. Weniger (not while on narcotics or if very sore).
- Restart blood thinners (including ibuprofen, Advil, Aleve) for one week after surgery.
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger (may stimulate bleeding). All activities may be resumed after 6 weeks.
- Participate in activities which cause discomfort, including reaching, stretching, heavy lifting, bouncing, or vigorous arm activity (ex: vacuuming, washing hair, unloading dishwasher, etc.). These can cause bleeding.
- Submerge in any form of water for at least 3 weeks.
- Drink alcohol while on narcotics (causes bleeding) or for one week after surgery.
- Wear underwire bra until instructed by Dr. Weniger.

Your follow-up appointment is _____

Instructions understood & copy given: _____

For any problems or questions that you may have regarding your post-surgery recuperation, please call us.
843-757-0123