

SOUTHWEST BREAST & AESTHETICS

Tim Matatov, MD • Joseph Zakhary, MD

PHOENIX OFFICE:

4550 E Bell Rd, Bldg 5, Suite 150
Phoenix, AZ 85032

T: (480)576-4310
F: (480)576-4311

CHANDLER OFFICE:

3377 S Price Rd, Suite E
Chandler, AZ 85248

T: (480)576-4300
F: (480)576-4301

Post Operative Care: Week 1

- You will be discharged from the hospital / surgical center the same day of surgery. You must have a responsible adult available to drive you home following the surgery and must have a responsible adult to stay with you for the first 48-72 hours following surgery. If you have children, you must arrange for childcare. You will usually not be permitted to pick up children for the first 4 weeks after surgery.
- If you have pets, especially cats and dogs that shed, make sure that you are not exposed to animal dander for the first two weeks after surgery as this may lead to increased incidence of wound infection.
- In order to lower the risk of bleeding, swelling, and separation of your incisions your activities will be restricted during the first week.
- It is perfectly normal to experience bruising and swelling in your abdomen, flanks and pubic area.
- Do not lie on your stomach, on your sides, or on your drains after surgery.
- Lay in a recliner with your head elevated and knees flexed ("beach chair" position). Be sure to keep your chest and head elevated on pillows
- Every few hours take a deep breath to expand your lungs. When coughing hold a pillow against your abdomen.

- · You may resume your pre-operative diet. Start with clear liquids, then advance to full liquids and regular food as tolerated.
- · Take your prescription pain medication, anti-nausea medication as indicated. If your surgeon has prescribed an antibiotic for you take that as direct as well. (Note that antibiotics may impair birth control pills.)
- · You may resume your pre-operative medications at discretion of your surgeon
- · Keep your abdominal garment and/or compression pants on at all times. You may remove it to shower 48 hours after surgery. Besides bathing, do not remove the abdominal garment and/or compression garment. Do not use compression on breast.
- · Only showering and/or sponge baths are allowed. Do not take a tub bath, and do not go to a hot tub, whirlpool, swimming pool or swim in any body of water.
- · A flexed position must be maintained while walking and resting for the first two weeks.
- · You will not be able to stand straight up for the first week and this is completely normal.
- · You must walk each day, even if for a few steps.
- · Do not lift anything over 1-2 pounds after surgery.

- Do not engage in any strenuous activity after surgery such as pushing, pulling, or sexual activity. This may raise your blood pressure and increase the chance of bleeding and bruising.
- Do not drive while taking narcotic pain medication.
- Do not exercise until cleared to do so by your surgeon.

Medications Prescribed:

Celecoxib (Celebrex) 200mg is used for pain relief every 12 hours. This is a different from of Ibuprofen so please stay hydrated.

Gabapentin (Neurontin) 200mg is used for pain relief every 12 hours. Please let us know if you are taking any prescriptions mood-altering (depression or bipolar) medications as these can potentially interact.

Cyclobenzaprine (Flexeril) 5mg is a muscle spasm medication.

Oxycodone 5 mg is an oral narcotic prescribed to manage your pain.

Lovenox 30 mg/0.3 ml injectable solution is used for prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.

Keflex 500mg is an antibiotic you must take for a total of 5 days.