

Patrick Moore, MD, FACS

Breast Surgery Post-Operative Instructions

PAIN MEDICATION

1. You will be given a prescription for pain medication as needed. Drink a lot of water to help prevent constipation.
2. When the pain decreases you can change to something like Extra Strength Tylenol for pain relief.
3. If you experience nausea and/or vomiting, maintain your diet on clear, liquids and call the office if the nausea and vomiting become persistent.

DRIVING

1. Do NOT drive
2. Do NOT drive while taking the prescription pain medication.

DRESSINGS

1. You can shower after discharge. Pat dry the incisional area.

ACTIVITY

- Keep activity light. You may walk outside or upstairs. No lifting over 10 lbs.

DIET

- Start with clear liquids and add in solid food as tolerated.

PAGE THE DOCTOR

IF YOU EXPERIENCE:

1. Unusual color and/or discharge from the incision.
2. A fever over 101 degrees and chills.
3. A dramatic increase in your pain.
4. Persistent nausea and vomiting.

Call us to schedule a follow-up appointment within 2 weeks following your discharge.

Please call Dr. Moore's pager number if you have ANY serious concerns or questions after surgery.