

Discharge Instructions: Oncoplastic Surgery / Breast Reduction Surgery

Home Care

- You may have one or more drains, and will be getting separate instructions for drain care from your nurses in the hospital.
- Keep dressings on and dry until the first doctor's appointment. Dr. Koumanis will remove them at that time.
- Sponge bathe and keep chest area dry at least until drains are removed.
- Support the drains so that they do not hang or pull on your skin. You can use a safety pin to your clothing, a lanyard, or a pocket to support the drain.
- Sleep on your back until otherwise instructed.
- Avoid using deodorant or antiperspirant near the incision or drain site, as it may cause irritation.
- Mild to moderate discomfort can usually be managed with acetaminophen (Tylenol) 650-1000 mg . Follow the label directions.
- You will also be given a prescription for pain medication. Take it as prescribed for moderate to severe discomfort. It is important that you move and breathe comfortably—take what you need.
- **Do NOT use ice or a heating pad on your chest wall.**

Activity

- Do not lift anything heavier than a phone book or milk carton. No pushing or pulling with arms and chest. Avoid exercise until your physician provides you with the clearance to do so.
- You may drive as soon as you are comfortable enough to move safely without taking pain medication. Most people do not feel comfortable enough to drive until after their drains have been removed.
- **Do not drive while taking prescription pain medication.**

Follow-Up

- You will be given a post-operative appointment with Dr. Koumanis.
- Dr. Kennedy will call when the final pathology results are available. Follow up with Dr. Kennedy will be arranged at that time.

When to Call the Office:

Call for Dr. Koumanis at 580-2170 right away if you experience any of the following:

- Fever > 101 F
- Increasing redness around the incision
- Blistering along the incision
- Foul smelling drainage from the incision or drain
- Increasing pain after the first day
- Increasing swelling under the incision after the first day