

**Brian P. Dickinson, M.D Post-op Instruction/ Medication Sheet:  
Breast Augmentation, Breast Reduction, Mastopexy Augmentation, and Oncoplastic Breast Reconstruction.**

	<b>Day of Surgery</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day4</b>	<b>Day 5</b>
<b>Shower</b>	Shower morning of Surgery		Ok to Shower	Ok to Shower	Ok to Shower	Ok to shower (no baths or swimming for 4 weeks)
<b>Nausea Medication</b>						
<b>Emend</b>	AM of surgery with a sip of water					
<b>Zofran</b> (only if needed)		1-2 tablets every 8 hours	1-2 tablets every 8 hours			
<b>Antibiotic</b>						
<b>Cephalexin</b> (or)		2 tablets AM 2 tablets PM	2 tablets AM 2 tablets PM	2 tablets AM 2 tablets PM	2 tablets AM 2 tablets PM	2 tablets AM 2 tablets PM
<b>Doxycycline</b> (or)		1 tablet AM 1 tablet PM	1 tablet AM 1 tablet PM	1 tablet AM 1 tablet PM	1 tablet AM 1 tablet PM	1 tablet AM 1 tablet PM
<b>Levaquin</b>		1 tablet AM	1 tablet AM	1 tablet AM	1 tablet AM	1 tablet AM
<b>Pain Medication</b>						
<b>Percocet or Vicodin</b> (only if needed)	1-2 tablets every 4-6 hours	1-2 tablets every 4-6 hours	1-2 tablets every 4-6 hours	1-2 tablets every 4-6 hours	1-2 tablets every 4-6 hours	
<b>Tylenol</b> (Acetaminophen)	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.
<b>Motrin/Advil</b> (Ibuprofen)				Ok to use	Ok to use	Ok to use

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
<b>Activity</b>	Purposeful Walking: Walk to bathroom, walk to eat dinner, walk to check mail.	Walking as if shopping at the mall	Ok to ride Peloton and lift light weights	Weightlifting is Ok without using Chest muscles	Weightlifting is Ok using Chest muscles	Skiing, snowboarding, contact sports OK
<b>Brassiere</b>	Sports Bra	Sports Bra	Sports Bra (regular bra ok for a few hours)	Sports Bra (regular bra ok for a few hours)	Sports Bra (regular bra ok for a few hours)	Sports Bra (regular bra ok for a few hours)
<b>Lifting Limits</b>	Gallon Milk OK (8.6 lbs.) Tide Detergent too heavy	Ok to lift Tide Detergent (12 lbs.)				

It is normal to hear “swishing” and “swashing” in the chest area for 2-3 days post-operatively. Periodic dull ache, pins/needles sensations occur up to 8 weeks post-surgery.

No arm range restriction. OK to lift arms above head to grab items out of cupboard (plates, cups, etc.) Refrigerator is OK. Just be careful.

Maintain 80-100 grams of protein per day for 6 weeks post-surgery. Chicken = 25 grams, 3 Eggs = 25 grams, Can of Tuna = 25 grams, Premier Protein = 30 grams

May use the following after the recommended time: 1) **Hot tub 6 weeks** 2) **Sauna 4 weeks** 3) **Hair dye 4-6 weeks** 4) **Tanning bed 4-6 weeks** (protect incisions- 3 months)

5) **Natural tanning 6 weeks** (protect incisions-3 months) 6) **Swimming 4-6 weeks**

Driving: Someone should drive you to your first post-op appointment the day or two after surgery. OK to drive after when not taking narcotic pain medications.