Diet: Eat and drink whatever you’d like. Do not drink alcoholic beverages of any kind while taking pain medications.

Medications: Take your pain medication and antibiotics as directed. If you are running out of pain medicine let me know ahead of time. I cannot call in many narcotic prescriptions as it is against the law. Resume your normal home medications after surgery unless I specifically direct otherwise.

Showering: It is ok to shower 48 hours after your surgery. Do not take a bath. Remove all bandages before showering and replace afterward.

Stitches: At 48 hours it is ok to peel off the bandage over the stitch(s). If only Liposuction was used, your sutures are under the skin and absorbable. If I made an incision around the nipple, you will see sutures.

Compression Garment: Please wear your garment unless showering.

Follow-up: Call the office when you get home to arrange a follow-up visit. I will see you in the 10 to 12 day period for suture removal.

Activity: No strenuous exercise for the first two weeks. Do not do any heavy lifting, pushing or pulling. It

Swelling: The chest area will be swollen after surgery peaking at 48-72 hours. If you experience sudden, severe swelling of one side call the office immediately.

Smoking: Smoking impairs wound healing. DO NOT SMOKE!!! The nicotine in the cigarettes causes the blood vessels to spasm closed. If the healing tissue doesn’t get enough blood the incision may not heal.

Driving: Do not drive until you are off of your pain medications. If you drive while taking narcotics you can be arrested and charged with DUI. Also, it is now a law that you must wear a seatbelt while driving. If your chest is too sore to wear your seat belt, you should not drive.

If you have a question, PLEASE CALL. The office number is 502-721-0330 and it is answered 24 hours a day 7 days a week.