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American Board of Plastic Surgery
American Board of Oral & Maxillofacial Surgery

PLASTIC & RECONSTRUCTIVE SURGERY
ORAL & MAXILLOFACIAL SURGERY

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TEL: (909) 798-9950
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Instructions for Breast Surgery

The morning of Surgery:

1. Shower, paying particular attention to the breast area. No deodorant, powders, lotions, etc.
2. Please do not take any medication the morning of surgery unless previously instructed by Dr Punjabi.
3. Wear loose comfortable clothes, with **no pullover tops** and flat shoes; or wear pajamas and robe as they are more comfortable and easier to get into.
4. Make transportation arrangements. Remember you are not allowed to drive for one week including your first post-op visit.
5. Leave all valuables at home. Wear no jewelry.
6. Bring your bra and a pillow (leave in car).

After Surgery:

1. You must have an adult drive you home after surgery. You will not be allowed to drive yourself. You will also need to have a responsible adult stay with you for a minimum of 24 hours after surgery.
2. The effects of anesthesia can remain for 24 hours. After surgery you should remain in bed for 24 hours with bathroom privileges with assistance.
3. Elevate head and shoulders on two pillows. You should sleep on your back with your head elevated for 3 days after surgery. **UNUSUAL** pain accompanied by noticeable swelling of one or both breasts during the first 24 hours should be called to the attention of Dr. Punjabi's office @ (909) 798-9950.
4. If you experience nausea or vomiting the evening of surgery drink iced cola, beginning 1 teaspoon at a time. This should neutralize any acids in your stomach. You may have liquids after surgery as tolerated. Progress to a soft diet that evening then resume your normal diet the next day.
5. Take all medication as directed. **Do not drink any alcoholic beverages.** If you should become nauseated from any of the medications and it lasts for more than 1 day, please call our office. Avoid all medicine containing aspirin or ibuprofen for two weeks after surgery.
6. You may drive after 3 to 4 days, unless you are taking large amounts of pain medication. It is extremely important to limit the use of your arms for the first week. Avoid stretching the incisions when reaching. Keep your elbows at your side for a day or two. You may carefully comb your hair; brush your teeth, etc. Do not raise your elbows above shoulders for 1 month. Do not lift anything heavier than 20 lbs. for 2 weeks.

7. Do not remove the ace wrap for any reason. This is to remain on and remain dry, until our office removes it. The ace wrap serves as a dressing. You may shower once the wrap is removed by Dr Punjab. Bring you surgical bra to your first post-op appointment.
8. The incisions are covered with steri-strips. These will stay on for a couple of weeks. Do not remove them until they begin to come off. After showering blow dry (on a cool setting) strips over incision areas until sutures are removed. This will be approximately 10 to 14 days after surgery. Pantyliners may be used for comfort between bra and incision areas.
9. You are to wear your bra 24 hours per day removing it only to bathe. You will use this bra for 4 weeks following surgery.
10. It is common to have numbness about the breasts for several weeks to months. Feelings of sharpness, burning or other sensations are common in the healing process. Occasionally the nipples may become overly sensitive for a short period of time. You may have some bruising which should disappear in approximately 1 to 3 weeks.
11. Please call us with any problems or questions you may have. If the office staff is not available leave a detailed message and your call will be returned as soon as possible.

I HAVE READ, UNDERSTAND AND AGREE TO FALLOW THE ABOVE INSTURCTIONS.

Patient Signature:_____ Date:_____ Time:_____

Witness:_____ Date:_____ Time:_____

Patient Discharged to:_____ Date:_____ Time:_____

Witness:_____ Date:_____ Time:_____