

Fred H. Siegel, M.D. P.C.  
Plastic and Reconstructive Surgery

Breast General Instructions:

**GENERAL INSTRUCTIONS:**

1. No alcoholic beverages for 24 hours.
2. No driving, operating equipment or machinery for 24 hours.
3. Do not sign any important documents for 24 hours
4. Do not stay alone. You will be sleepy and need a responsible person with you for 24 hours
5. Rest at home for 24 hours
6. Start with clear liquids and advance your Dr's ordered diet; for example after liquids, try soup and cracker, then a regular diet for supper.
7. Do not take pain medication or antibiotics on an empty stomach. Eat something like crackers before taking medications.
8. Take \_\_\_\_\_ for pain.

**SPECIAL INSTRUCTIONS:**

1. Do not remove bra or change dressings for 24 hours
2. Do not remove paper tapes under breasts until instructed to do so. (approximately 2 weeks)
3. Keep your chest elevated. Sleep on 2-3 pillows. This will help decrease soreness and swelling
4. Avoid strenuous activity or lifting for 2-3 weeks. You may move your arms.
5. Do not use your arms to pull yourself up, but move arms in small circles about every hour.
6. Take antibiotic as ordered.

**Postoperative Phone Call:**

A representative from Dr. Siegel's office will call you the day after your surgery. Do not be alarmed. This is a routine call to see how you are doing at home.

**PLEASE REMEMBER:**

A certain amount of nausea and occasion vomiting is normal. If it persists notify Dr. Siegel  
Approximately once a hour, take a deep breath, hold it for a second, then blow it all the way out  
Watch for heavy prolonged bleeding. If present notify Dr. Siegel  
Watch for signs of infection; fever, increased pain, foul drainage. If present notify Dr. Siegel

**Dr. Siegel can be reached 24 hours a day by calling  
(757) 547-2115**

You are to see Dr. Siegel \_\_\_\_\_

**Care of Surgical Area Instructions:**

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\_\_\_\_\_  
\_\_\_\_\_

Post-Op Call: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Date/Time

\_\_\_\_\_  
Patient/Caregiver

\_\_\_\_\_  
Date

\_\_\_\_\_  
Discharge Nurse