

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

Breast Lift 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) You may shower in 24 hours. Put bacitracin ointment on visible sutures, but not under breasts
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.
6. Take antibiotic as ordered.

POST-OPERATIVE PHONE CALL:

Dr. Siegel will call you in the evening after your surgery. A representative from Dr. Siegel's office will also 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 occasional 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:

Post-Op Call: _____

Date/Time

Patient/Caregiver

Date

Discharge Nurse