



DR. TOWBIN'S BREAST SURGERY POSTOPERATIVE INSTRUCTIONS

Results: Pathology results take approximately FOUR business days. Please call our office if you would like your results prior to your postoperative visit.

Postoperative Check Up: Call 425.899.5500 for a one-week postoperative appointment.

You may shower (no bath) over the Tegaderm (clear plastic) dressing at any time. After TWO days remove the Tegaderm dressing and gauze pad. Against the skin will be a steri strip, leave this in place. It will peel off in 7-10 days. Under the steri strip there are internal stitches which your body will absorb.

Wear your bra continuously for the first 2 days after surgery to stabilize and support the breast and reduce discomfort. You may use an ice pack over the outer bandage; this may help with swelling and discomfort.

It is okay to eat normally after surgery. Low level activity is best on the day of surgery and then activity as tolerated. It is best to avoid strenuous exercise for 2 days following surgery. No driving or drinking alcohol the day of surgery because of the anesthesia.

If narcotic pain medication is prescribed, take only as needed. Take with food. Never drive or drink alcohol while taking narcotic pain medication. Acetaminophen (Tylenol) or Ibuprofen (Advil) may be sufficient for pain control.

Call our office if you experience a fever of 101.5 or higher, excessive bleeding or drainage, increased swelling or redness, or pain unrelieved by prescribed medication.