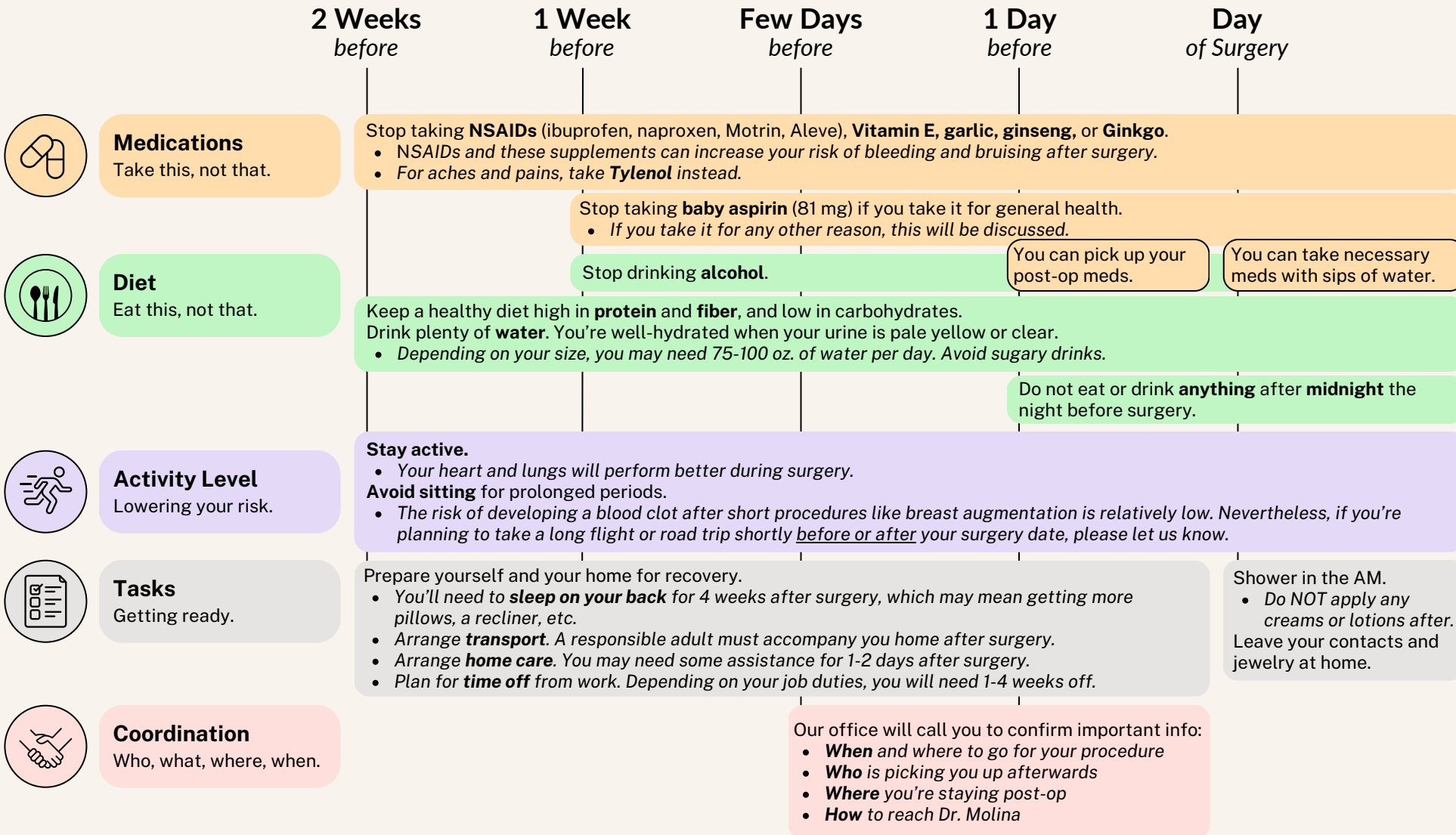








PRE-OP



POST-OP

	Day of Surgery	1 Day after	4 Days after	2 Weeks after	4 Weeks after	6 Weeks after	
 <p>Coordination Who, what, where, when.</p>	You'll wake up in the recovery room . You'll rest for 1-2 hours, then you'll go home .	Dr. Molina will visit you if you're local, or call you to check in. You'll have Dr. Molina's cell phone number for routine questions or for after-hours emergencies.	Follow-Up Visit #1	Follow-Up Visit #2		Follow-Up Visit #3	
 <p>Medications Take this, not that.</p>	You'll be prescribed ibuprofen, Tylenol , and a muscle relaxer . Take them as directed. <i>You and Dr. Molina will discuss whether additional medications are right for you.</i>			You can resume aspirin and any supplements .			
 <p>Diet Eat this, not that.</p>	Resume your usual diet as soon as you'd like. High protein , high fiber , low carbs, and plenty of water.			You can resume drinking alcohol in moderation.			
 <p>Dressings, Garments & Bathing</p>	Dressings will include skin tape, cotton padding, and a surgical bra. • <i>Keep everything in place, and keep it dry until your first post-op visit.</i>		Dr. Molina will remove your dressings and transition you to a scar care plan. Wear your surgical bra and/or the chest strap (you'll be advised by Dr. Molina) 24/7 , except while showering.		You can be bra-free for up to 12 hours per day.		
	Please sponge bathe your arms and legs only.		You may shower , but do NOT submerge yourself in water (no baths, no swimming).		No more water restrictions! You can take a bath or go swimming.		
 <p>Activity Level Balancing rest & action.</p>	Walk around the house. Short, frequent walks . YES, from Day 1! • NO BED REST . <i>Prolonged bed rest puts you at risk for dangerous blood clots. But...</i> • NO EXERCISING . <i>If you over-exert yourself, you risk surgical complications, which can be severe.</i>			Light exercise . Long walks, easy biking. Still <i>avoid</i> any strenuous activity or heavy lifting.		Normal activity, with support . Any type of exercise is OK, but you <i>must</i> wear a supportive bra.	
 <p>Healing What to expect.</p>				Swelling will gradually worsen before it starts to improve after ~2 weeks. If you notice a sudden increase in swelling or a drastic difference between breasts, <i>call the office right away</i> .		Swelling is about 80% gone. You'll keep healing on the inside for a few more months.	