

RICARDO A. MEADE, MD
General Post-Op Instructions

Rev. 8/28/13

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Follow balanced diet low in sodium. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication and antibiotics as prescribed. Do not take aspirin or any products containing aspirin.
- Do not smoke, as smoking delays healing and increases the risk of complications.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics). Do not drive until you have full range of motion with your arms.
- Refrain from vigorous activity for 4 weeks.
- Restrict excessive use of arms for at least 5-7 days. You may slowly lift your arm above your head to keep good range of movement, avoid sudden, quick movement.
- Refrain from physical contact with breasts for 3-4 weeks.
- Body contact sports should be avoided for 6-8 weeks.
- Social and employment activities can be resumed in 3-10 days.

Incision Care

- Dressings may be removed at home **48 hours after surgery**.
- Once dressings are removed (48 hours post-op) apply bacitracin (Neosporin) ointment twice a day for one week along the incision. You may purchase non-adherent dressings or gauze at a drug store to put on over the ointment.
- You may shower 48 hours after surgery. Use a mild soap without heavy perfume such as baby shampoo. Let the warm soapy water run over the incisions. Do not scrub the incisions or drain sites and pat the incisions dry, do not rub. **DO NOT TAKE A TUB BATH, OR SUBMERGE INCISIONS UNDER WATER.**
- If you were given a surgi-bra, garment or binder you must wear it round-the clock or until otherwise instructed by Dr. Meade. (It is ok to remove it to shower.)
- Refrain from sleeping on your stomach for 3 weeks.

Drains

- If you have drains, please refer to the handout "CARE OF YOUR JACKSON-PRATT DRAINS".
- **YOU MAY NOT SHOWER while your drains are in place.**
- Remember to call in your 24 hour drain total to the office (214-823-1691) every day.
- Your drains will be removed when the DAILY TOTAL amount is less than 25mL for 2 CONSECUTIVE DAYS.
- Keeping track of the drainage amounts, is important to your healing process. If incorrect drainage amount is recorded and the drains are removed too soon, **THE RISK OF INFECTION AND FLUID BUILD UP INCREASES.**

What To Expect

- You are likely to feel tired for a few days, but you should be up and around in 1-3 days.
- Maximum discomfort will occur in the first few days after surgery.

Follow-Up Care

- MOST sutures will be dissolvable. They are under your skin and released at the end of each incision. They are clear in appearance and will be trimmed to the skin line in 1-2 weeks.
- You may have sutures that will need to be removed approximately 7-10 days after surgery. These sutures may be brown or black in color. Please call the office at 214-823-1691 to schedule an appointment with Dr. Meade's Nurse to have these sutures removed.
- **IMPORTANT- Call the office (214-823-1691) for any increased redness, swelling, foul-smelling wound drainage, wound separation, severe/uncontrolled pain or temperature >101.5.** Do not hesitate to call for any other questions or concerns.

****IF you have not already scheduled a follow up post-operative appointment, PLEASE call the office at 214-823-1691 to set up your appointment.**

Patient _____ Nurse _____ Date _____