

Recovery Instructions

Hydration

- Hydration is very important
 - It can help with getting anesthetics out of the body
 - Encourage circulation for healing
 - Preventing blood clots
 - If dehydrated - pain threshold is lower
- Start drinking water at a rate of 8oz an hour. You should be urinating every hour or two
 - Caffeinated beverages are diuretics - replace them ounce for ounce with water

Diet

- Start with clear liquids: tea, broth, Gatorade, apple juice, jello. Any fluid you can see through.
- Slowly move to full liquids: soup, orange juice, light smoothie, and yogurt.
- Then try solids that are easy to digest: crackers, dry toast, pasta without sauce, cottage cheese.
- Do not force nutrition: introduce foods at your own pace. It is better to be slightly hungry then nauseated.

Narcotic Pain Medication Regimen To Avoid Nausea

1. Prepare a cup of hot chamomile, mint or ginger herbal tea
2. Crush the pill into a fine powder and mix with a tablespoon of applesauce or jello
3. Drink half the cup of tea
4. Swallow the pill mixture
5. Drink the rest of the tea

Apply Ice To The Surgical Areas

- If ice feels good on areas - you can apply it every hour for 15 minutes
- Do not apply ice directly on skin- apply the ice over the dressing/garment

Dressings

- It is normal to see a small amount of oozing/staining on the dressings
- If you are concerned about the amount of drainage, please call the office (303)-470-3400
- Change the dressing only if they soak through
- Remember to bring your used dressings to the post-op visit for evaluation - place used dressings in a zip-lock bag and mark the time on the bag

Pain Pump Instructions

- Pain pump catheters are coiled under a clear adhesive dressing
- It is normal to see a small amount of bloody fluid under the clear dressing
- The pain pump works continuously - it slowly is dripping local anesthetic into the surgery site

- One side will often drain/leak more than the other side
- The pump has a button - press this to get an extra bolus of anesthetic if you need it.
- The button requires you to press firmly for a few seconds to empty the small chamber of extra anesthetic
- You know you have pressed adequately if you feel the cool liquid squirting in and the button becomes easier to press
- The button re-fills slowly over an hour
 - You cannot overdose - press as often as you need to.

Drains (if you have them)

- Empty the bulbs every 6-8 hours or when the bulb becomes half full
- Record the output on the drain log (remember to bring this log to your post-op visit)
- Strip the drains when you empty the bulbs
- Once a day - clean the drain site using hydrogen peroxide, apply the antibiotic ointment and cover with a gauze dressing or pad

Bathing

- Avoid getting all incisions directly wet
- *Sponge bathe or use baby wipes or body wipes for the first few days unless you can shower successfully without getting the incisions wet.*
- If taking a shower a handheld shower head is preferable. Cover incisions at all times while bathing/showering using a towel, your surgical bra (if given one) or any cloth that will prevent the areas from getting wet
- The surgeon will inform you during your post-operative appointments when you can get these areas wet

What To Watch For

- Pain or nausea not responsive to medication
- Any signs of active bleeding:
 - Example: drains producing pure blood - more than 100cc over a 2-3 hour period
 - Breast becomes more swollen and much more tender than the other side (note- a little difference is normal)

Call us with any concerns or questions.

We have a 24hour On-Call answering service, if you have had surgery recently please let the answering services know and they will transfer you to your surgeon.

In the case of urgent medical emergencies, please visit your closest urgent care hospital, such as Littleton Adventist Hospital's Emergency room.

That is what we are here for: 303-470-3400.

Dr. Dastoury, MD : 720-900-1044