

## Post-operative Instructions

### Activity:

- Walking is encouraged as soon as possible after surgery.
- No upper body heavy lifting (>5lbs) or strenuous exercise for 4 weeks after surgery.
- Wear your leg compression devices whenever you are not up and moving around during your recovery period, including when you are sleeping at night.

### Dressing and Showering:

- You may shower 24 hours after surgery. No baths/soaking/swimming for 2 weeks after surgery.
- Leave steri-strips in place and allow them to fall off on their own.
- You will be given a surgical bra at the time of surgery. You may switch to a compressive sports bra of your choosing as soon as you feel comfortable. NO underwire bras for 4 weeks after surgery unless instructed otherwise by Dr. Brown.

**Call the office at (410) 486-3400 if you experience: increased pain, swelling, redness at surgical sites, pus draining from wound, or fever above 101.5F.**

### Return to office for follow-up appointments on:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (1 Week)

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (2 Week)

Date: \_\_\_\_\_ Time: \_\_\_\_\_

\_\_\_\_ Post-operative instructions have been reviewed with me.

\_\_\_\_ I have received a copy of these instructions. Time: \_\_\_\_\_

\_\_\_\_\_  
Nurse

\_\_\_\_\_  
Physician

\_\_\_\_\_  
Patient or responsible party

\_\_\_\_\_  
Relationship to patient