



Lowe Plastic Surgery (LPS)

Dr. Lowe's Instructions for:

HOME CARE AFTER BREAST BIOPSY OR MINOR BREAST SURGERY

- After the breast surgery is finished, your breast will have a small gauze dressing with special tape, a clear cover, or simply a bra with gauze and medical tape beneath. Do not remove the dressing or get it wet for 2 days unless otherwise instructed.
- After two days, remove all dressings and shower. Leave the medical tape if does not come off while removing the outer dressing.
- When showering, gently wash the area with fingertips and soapsuds, rinse, and gently pat dry. Avoid a hard shower stream. Do not submerge in a bathtub for 10-14 days.
- In patients with Medical Glue (i.e. Dermabond) leave the wound alone and at 5-7 days apply a thin layer of Vaseline ointment twice a week until the glue is totally gone. Your surgeon or nurse will tell you if medical glue was used to seal your wound.
- Most patients will have medical tape; not Medical Glue. In most cases a dry dressing is placed over the medical tape after surgery. The out dressing should be removed prior to showing and medical tape can get wet within 48 hours. As you shower the tape will fall off, but if it has not fallen off in 5-7 days remove the tape gently.
- All patients are encouraged to bring a sports bra to the day of surgery, and patients should wear a sports bra for 10-14 days after surgery for support and to decrease complications.
- In case of discomfort, you may take over-the-counter pain medicine such as Tylenol or medicine prescribed by your Physician.
- The sutures will be removed or be absorbed within several weeks. In most instances they are dissolvable and may only need to be trimmed.
- Follow-up is at the discretion of your physician, but usually within one month. Please notify the office if significant redness occurs or nipple turns blue or black.
- You will need to pick up dressing supplies, sports bras and Vaseline ointment for after surgery in most cases. Patients who undergo other procedures such as breast revision, scar revision, or breast lift may need to be admitted over night and will often require other instructions.
- A sports or regular bra worn for several weeks after surgery helps with scar treatment and contour. Bra support when recommended will optimize the results.
- Patient should avoid trauma to the wound for 10-14 days and direct sun or sun tanning to the surgical sight for 4-6 months.
- **Call our office (405) 942-4300 if you have any questions or concerns.**