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Post-Operative Instructions for Breast Surgery

Follow the "General Post-Operative Instructions".

The garment should be worn 23 hours a day for 30 days. You may take the garment off during showers and wash it. Additional garments are available for purchase should you need one.

Sleep lying on your back, avoid sleeping on your side or stomach.

You may shower 24 hours after surgery. The surgical area can be washed gently with soap and water. Please pat the area, do not rub. No bath tub use when the breasts are under the water. No hot tubs, saunas, or swimming for 6 weeks.

Contact Dr Kopchinski should you experience significantly more pain in one breast compared to the other, one breast is significantly larger than the other, increasing redness that involves the breast not at the incision sites, and separation of the incision.