Dr. Danielle Andry

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Dr. Andry/Wijay Post-Operative Breast Lift/Reduction Regimen:

* Depending on your specific needs, you may wake up with an ACE wrap dressing or postoperative bra
* After surgery, take the following medications:
	+ Celebrex 100 mg twice a day
	+ Tylenol 1,000 mg twice a day
	+ Antibiotic as prescribed
	+ Anti-nausea medication when/if needed
	+ Tramadol when/if needed as prescribed
* The evening of surgery, you should walk around the house and can even get a very casual dinner, as long as you do not drive or exert yourself in any way. It is important to get up and walk to decrease the risk of blood clots.
* You can shower 2 days after surgery. Make sure you have someone to assist you getting into and out of the shower. Do not scrub any incisions; just simply let soap and water run over the areas. Do not submerge any incisions. You may have surgical glue or tape over the incisions. Keep this in place as long as possible as these help improve the scarring process.
* No heavy lifting > 10 lbs for 6 weeks. No strenuous activity that gets heart rate up for 4 weeks. After 4 weeks, you can start doing some activity that does not involve any bouncing or bounding (this includes running, jumping, crossfit, ect.) as long as you are cleared by your doctor.
* Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear. Bruising and swelling are normal for 2-3 weeks. It will disappear over time. You may initially feel like your breasts are too high, too flat, asymmetric or not the correct size. This will resolve over the first 4-6 weeks postoperatively as swelling resolves and tissue settles.
* All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided. Use of a clinical grade sunscreen with SPF 30 and zinc oxide (UVA and UVB protection) is recommended for at least 6 months, even under a bathing suit.
* 2-3 weeks after surgery, you can begin using scar cream that has been clinically proven to help improve the appearance of scars. It is important to use this cream religiously for the first 6 months to maximize wound healing and scar maturation.
* Your doctor will see you in her office at the 2-3 day postoperative period, then approximately 2-3 weeks postoperatively, 6 weeks, 3 months, 6 months, 1 year, then yearly thereafter. If you would like to see her more often, please feel free to schedule additional appointments.
* At your 6 month appointment, your doctor will order a mammogram to develop a baseline for future mammograms so that radiologists can be aware of normal scarring and avoid unnecessary biopsies.
* Please note: - If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office. If you develop a fever (oral temperature greater than 100°4), redness and/or increased pain at the surgical incision sites, please call your doctor.
* If you have any questions whatsoever, please contact (call or text) Dr. Andry, Dr. Wijay or their patient care coordinator, Mavi. Our team is happy to answer any question, no matter how big or small to ensure you are taken care of and have the most enjoyable experience possible.