

**NADIA P. BLANCHET, M.D.**

**804-320-8545**

**DISCHARGE INSTRUCTIONS AFTER BREAST REVISION**

- You may shower 48 hours after surgery unless you have a drain. However, if you have an ace wrap, leave this on until your first post-op visit unless otherwise directed. You may shower after we have removed it.
- You may be quite swollen and bruised after surgery. This will depend on the specific procedure you had done.
- If you had fat grafting, your abdomen will feel diffusely sore for the first few weeks, then you will develop specific areas that hurt which will resolve over time.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- Please walk a little bit every day after your surgery. However, you should not do any strenuous exercises for two weeks after surgery. You can then resume your usual exercise routine, but please clear this first with Dr. Blanchet.
- Please pay attention to arm range of motion and do gentle snow angels after 48 hours, (see website videos)
- Please try to minimize your intake of narcotics, as they are: nauseating, constipating and addictive.
- Please have over the counter laxatives at home in case they are needed.
- Please do not take any medication on an empty stomach.
- You must avoid **ASPIRIN** substances or any of the medications listed on your pre-op sheet for two weeks after your surgery, as this will increase your risk of bruising and poor healing.
- You may find when you get home that you have gained weight after surgery. This is simply because of the IV fluids and will resolve in about two weeks.

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- Please do not apply any creams or lotions to incisions until cleared by the doctor.
- Nicotine dramatically increases your risk of infection, poor healing and bad scarring.  
**PLEASE REFRAIN FROM SMOKING, VAPING OR USE OF NICOTINE REPLACEMENT PRODUCTS FOR AT LEAST 2 MONTHS BEFORE AND AFTER SURGERY.**

PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE ANY QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICE (804-320-8545).

**IN A TRUE EMERGENCY, PLEASE CALL 911.**

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**PATIENT'S SIGNATURE**

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**DATE**

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01/2022