



WEST COAST SURGICAL SPECIALISTS, INC.

Breast Surgery Discharge Instructions

PAIN MEDICATION

1. You will be given a prescription for pain medication as needed.
 - a. Drink a lot of water to help prevent constipation.
2. When the pain decreases you can change to something like Extra Strength Tylenol for pain relief.
3. If you experience nausea and vomiting not associated with the pain medication: maintain your diet on clear liquids and call the office if the nausea and vomiting become persistent.

DRIVING

1. Do not drive until recommended.
2. Do not drive while taking the prescription pain medication.

DRESSINGS

1. You can shower after discharge. Pat dry the incisional area.
2. **On DAY 3**, you may remove the dressing.
3. **On DAY 7**, you may remove the Steri-Strips.

ACTIVITY

1. Keep activity light. You may walk outside or upstairs. No lifting over 10 lbs.
2. See enclosed **Exercise Plan**.

DIET

1. Start with clear liquids and add in solid food as tolerated.

CALL THE DOCTOR IF YOU EXPERIENCE:

1. Unusual discharge from the incision.
2. A fever over 101 degrees and chills.
3. A dramatic increase in your pain.
4. Persistent nausea and vomiting.

Call (951) 894-5167 to schedule a follow-up appointment.