

1. See Dr. Senofsky in the office on \_\_\_\_\_.
2. Call Dr. Senofsky for any problems **661-255-9287**, especially for significant redness, swelling, discharge or fever develops.
3. No exercise, lifting, hugging or pressure to operative side. No lying on abdomen or operative side, no seatbelts or other forms of pressure to your wound area.
4. Do not engage in any activity that will put stress on your incision.
5. Sleep/rest with your head elevated on 2 pillows \_\_\_\_\_ days.
6. **DO NOT** drink alcohol, drive a car, operate heavy machinery, make important or legal decisions for 24 hours, while taking narcotic pain medications.
7. Dr. Senofsky has prescribed the following medication(s) for you:

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- Take them as directed on the container.
  - You received a pain pill at: \_\_\_\_\_.

8. Begin with a light diet and advance to your normal diet as tolerated.
  - If you experience nausea take clear liquids in small amounts until nausea resolves.
  - Call Dr. Senofsky if nausea persists longer than 24 hours or is severe.

**Follow marked instructions only**

Elevate your \_\_\_\_\_ until you see Dr. Senofsky.

Leave wrap / dressing on.

Bring athletic bra with you to office.

Wear athletic bra over your dressing 24 hours a day.

You may remove wrap / dressing in \_\_\_\_\_ days, then wear athletic bra for 24 hours a day.

After your wrap is removed:

- you may shower
- leave the steri strips alone
- do not rub or apply anything to the wound
- gently pat the incision dry
- place athletic bra on and wear it 24 hours a day

**If you have a drain to your surgical site:**

Follow instructions on Jackson Pratt drain sheet.

Remove the gauze dressing in \_\_\_\_\_ days.

Apply sterile gauze dressing over JP drain site and secure with paper tape. Change gauze daily.

Place athletic bra on and wear it 24 hours a day.

**Other Instructions:** \_\_\_\_\_

**Instructions given to:** \_\_\_\_\_

**Relationship:** \_\_\_\_\_

**Instructions given by:** \_\_\_\_\_

**Date/Time:** \_\_\_\_\_