

Parkway Medical, P.C.

J. Dan Metcalf, M.D.

12400 St. Andrews Dr.

Oklahoma City, OK 73120

405-751-0042

800-525-8054

ONE WEEK INSTRUCTIONS

(AFTER SUTURES ARE OUT)

- 1. CAN SHAVE AXILLA (ARMPIT)***
- 2. DO ARM EXERCISES UNTIL AXILLA (ARMPIT) IS LEVEL
(PUT ARMS STRAIGHT ABOVE HEAD TWICE DAILY)***
- 3. NO MOUTH TO NIPPLE CONTACT (3 MONTHS)
(INFECTION PREVENTION)***
- 4. RETURN APPOINTMENT _____***
- 5. WEAR UNDERWIRE BRA DURING THE DAY WHEN
COMFORTABLE (MAKE SURE SUPPORT IS GOOD & MAKE
SURE STRAPS ARE SUPPORTIVE)***
- 6. SLEEP IN JOGBRA FOR 1ST YEAR (USE STRAP OVER BRA
FOR 2 MORE WEEKS AT NIGHT ONLY)***
- 7. ANTIBIOTICS TO BE TAKEN BEFORE ANY FUTURE DENTAL
WORK FOR 1ST YEAR, PARTICULARLY CLEANING***
- 8. VITAMIN E 800 - 1000U DAILY INDEFINITELY***
- 9. IF YOUR ONE WEEK APPOINTMENT IS NOT IN OUR
OFFICE, MAKE SURE YOU CALL DR. METCALF AFTER
SUTURES ARE REMOVED!***

BRAS WITHOUT ELASTIC STRAPS

1) PLAYTEX

2) BALI

3) HANES HER WAY

4) CURVATION-WALMART

