Breast Reduction Post Operative Instructions

- Your first postoperative appointment will be made for approximately 1 – 3 days after surgery. This appointment will have been made for you prior to your procedure and the exact time and date given to you ahead of time.

- You MUST HAVE AN ADULT DRIVE YOU home from the facility. You will not be allowed to drive yourself or use public transportation. Our office can provide you with a private driver if you need assistance with transportation.

- After you return home, you MUST HAVE A RESPONSIBLE ADULT STAY WITH YOU a minimum of 24 hours. You CANNOT be left alone. The 24 hours begin when you are discharged from the surgery center. Have everything ready at home PRIOR to surgery. Make arrangements for someone to stay with you. Let the person or persons know you cannot be left alone. This is important because of the danger of falling and you may lose the concept of time for the day and overmedicate yourself.

- The effects of anesthesia can persist for 72 hours. You must exercise extreme caution before engaging in any activity that could be harmful to yourself or others.

- DRINK fluids (water is the best) to help rid the body of the medications used in surgery. Use straws as this will be easier and you will tend to drink more fluids the first few days after surgery.

- Diet may be as tolerated. Eating foods that are bland and soft for the first day or so – foods like after you have had the flu – may be best tolerated. You must eat more than crackers and juice; otherwise you will continue to feel weak and will not heal as well. REMEMBER to take the medications with a little something to eat or you will get sick to your stomach. Avoid excessive salt intake, as this can cause fluid retention and increase swelling.

- Upon your return home, light activity is permitted, such as walking, riding in a car, or any activity that is NOT strenuous.

- DO NOT REMAIN IN BED ALL DAY. Get out of bed for all meals. Although it may be uncomfortable, it is IMPERATIVE to take short, light walks around the house at least three times daily starting the day you return home. This will help decrease the formation of blood clots in the legs.

- Do not play sports (i.e. tennis, golf, swimming, running, yoga, dance) or perform heavy house/yard work for 4 – 6 weeks after surgery.

- Do not lift anything over 10 pounds for 6 weeks after surgery.

- Avoid lifting or carrying small children, groceries, suitcases or anything else over 10 pounds for 6 weeks.
Avoid vigorous workouts for 6 weeks after surgery.

Light cardio activity (i.e. walking moderate distances outside, light treadmill/stationary bike) may be resumed 3 weeks after surgery.

Do not raise your arms above your shoulders or push/pull anything for one week. The second week, you may begin full range of motion with your arms as your pain tolerance permits.

Your greatest pain and discomfort will occur during the first 2 - 3 days after surgery. Take your narcotic pain medication routinely during this time, and then taper off according to your pain level.

Do not take acetaminophen products at the same time as your prescription pain medication, as your prescription pain medication has acetaminophen included in it. You MAY, however, start to alternate extra strength Tylenol and your prescription pain medication, as you wean off the prescription pain medication.

DO NOT take ibuprofen products (i.e. Advil, Aleve, Motrin) for one month after surgery.

Significantly more swelling and/or pain on one side is not typical. If this should occur, contact us immediately.

There may be some bloody drainage on the dressings - this is normal. If you have excessive bleeding or the bandages are too tight, call the office immediately.

At the time of surgery, you will be placed in a snug/bulky surgical dressing with a surgical bra. This is typically removed the day after surgery. At that time the surgical dressing will be replaced with a well-fitting support bra, which should be worn for 24 hours a day (including overnight) for the first week after surgery, then daytime only for the next 4 - 5 weeks.

The support bra may be washed on the gentle cycle and air-dried as needed. While this is being done, please stay off your feet and minimize activity.

The support bra we supply for you is designed to give extra support without the use of an underwire. Feel free to replace it with another bra of your choice, as long as it is well supportive and there is no underwire.

You may shower the day after surgery. Wash all incisions gently with soap and water. If you have white tape (steri strips) on your incisions, leave this intact as it can get wet and normally will not come off in the shower. Remove your support bra prior to showering and replace it when finished.

Do not soak in a bathtub for 3 weeks after surgery.
The steri strips placed during surgery will protect the incisions and may be left open to the air after your postsurgical dressing is removed. Your incisions do not require any routine care such as the placement of dressings or ointment.

Do not clean your incisions with Hydrogen Peroxide because it will kill wound healing cells.
Do not apply hot or warm compresses to any of the surgical areas because it will increase swelling.

Some itching of the healing wounds is expected, but avoid scratching the incisions.
The skin sutures are dissolvable and do not need to be removed. The steri strips on your incisions will remain intact for 7 – 10 days.

Immediately after surgery, your breasts will have a distinct “cone-shape”. This is normal. It usually takes several weeks or months for your breasts to settle and take on their final, soft, supple and natural appearance.

It is recommended to wait for approximately 6 weeks before purchasing new expensive bras, as it takes time for your breast to settle after surgery.

You should sleep on your back or side during the immediate postoperative period. If comfortable, you may sleep on your stomach after 4 weeks.

Driving is permitted 4 -5 days after surgery if you feel well and are not taking prescription pain medication or sedatives.

Expect to take at least 7 - 10 days off of work if you are employed.
It may take up to one month for your normal energy level to return.

DO NOT travel out of town after surgery unless discussed with the office ahead of time.

Avoid intercourse for two weeks, and then continue to be careful for the next two weeks.
NO SMOKING for 6 weeks after surgery.
Drinking alcoholic beverages may be resumed only after you are off all prescription pain medication.

After surgery, it is important to have a bowel movement within a day or two. If you do not, you may take over-the-counter laxatives to encourage your bowels to move.

Do not use a hot tub or sauna for 4 weeks.
You may use a swimming pool after 7 days, but no swimming for exercise for 6 weeks.
➢ Do not sit in the sun for 4 weeks. After that, it is extremely important to place sunscreen, minimum of SPF 30, to all scars when outside for a minimum of one year after surgery. Sun exposure can cause permanent discoloration of the scars. Sunlight can even reach scars under a swimsuit or clothing, so take adequate precautions.

➢ If you experience any generalized itching, rash, wheezing or tightness in the throat, stop taking all medication and call the office immediately, as this may be a sign of a drug allergy.

➢ Contact the office if you have severe pain not responding to medication, the incisions are showing signs of infection such as redness that spreads away from the incision to the adjacent breast skin and is exquisitely tender or if you develop fever and chills. Fevers that are clinically significant are 101.5 or greater.

Patient Signature: ______________________________ Date: ______________

Staff Signature: ______________________________ Date: ______________