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Plastic Surgery ♦ Cosmetic ♦ Reconstructive ♦ Hand & Microsurgery

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POST-OPERATIVE INSTRUCTIONS FOR BREAST REDUCTION SURGERY COMMON INSTRUCTIONS AFTER SURGERY:

- A responsible adult must provide transportation for you (public transportation is not permissible) and must stay with you after your surgery and overnight until the morning following the procedure. If you are having several procedures, you may need or prefer assistance for 1-2 days following your procedure.
- Do not drive for 24 hours after surgery or while you are taking pain medication.
- Avoid making major decisions or participating in activities that require judgment for 24 hours after surgery.
- You are encouraged to walk around the house on the day of surgery and thereafter. Keep your head elevated on several pillows while sleeping and move/pump your legs frequently while lying down. This also helps in preventing blood clots from developing.
- Resume activities slowly. You may feel tired for the first few days.
- Do not exercise for the first week. After the first week, you may resume low intensity, lower body exercise. You may use your upper body for everyday tasks after surgery (for example - reaching for or putting away dishes); however, refrain from using the upper body muscles in a repetitive or strenuous motion for 3 weeks. No vacuuming, tennis or pectoral exercises for 3 weeks. No jogging for 3 weeks. You may resume all exercise/activity after 3 weeks.
- When you do resume exercise, you should wear a tight, supportive sport bra to minimize bounce and droop of the breasts.
- Expect to have some incisional discomfort for the first 24 hours after surgery. Take your pain medication before your pain becomes severe. Take all medications as instructed post operatively. You may resume most restricted medications after one week from the time of surgery. Ibuprofen may be resumed after 3 days.
- Some bruising and swelling is normal. It is expected to take between 3-6 months to see your final results.

- You will have a support bra on after surgery. This will need to be worn continuously for the first 3 weeks. You may remove the bra to wash it, but otherwise it should be worn continuously. Reapply the support bra after showering.
- You will have a gauze dressing over your breasts, tucked inside the support bra. You should expect some bloody drainage during the first 24 hours. You may change the gauze pads as needed in order to keep the incisions dry.
- You will have steri strips (adhesive bandages) in place over your incisions. Please keep the steri strips clean and dry. Your steri strips should remain in place until they begin to fall off naturally.
- Avoid direct sunlight to the incision for at least 1 year. Use a sunscreen with zinc oxide with an SPF of 20 or greater to help decrease the visibility of the scar.
- Drink plenty of fluids (8-10 glasses/day) for the first week to keep well hydrated.
- If you have not urinated after 6 hours of being home from surgery, please contact our office.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater
- Pain not relieved with pain medication
- Swelling, redness, bleeding, and/or foul drainage from an incision site
- Persistent nausea and/or vomiting

Any other concerns. Office Telephone #: 201-751-9490

I HAVE READ THIS DOCUMENT/IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ Date: _____

Patient Name (print): _____ MD: _____
