Breast Reduction

Post –Operative Instructions

You will see your physician seven days following your surgery. You can expect some drainage on the steri- strips covering your incisions. Maximum discomfort will occur in the first few days after surgery, and most people are up and around in 3-5 days. You may become constipated due to the pain medications and should begin a stool softer (i.e. Colace) after surgery. In addition, you may need to add fiber supplement (Metamucil, Citrucel, etc.) after tolerating a solid food diet to decrease straining. You may experience some mild swelling and increased pain with getting up and down. Your appetite may be decreased. You may have mild temperature elevation. You may have mid- chest pain. Numbness and decreased sensation to the nipples is normal at first and usually comes back over a few weeks to a few months.

1. After getting home, continue resting comfortably for the next 24 hours with your head elevated. Sleep on your back with 3 to 4 pillows behind your head and back. Do not sleep on your stomach.
2. If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea. Tylenol (Acetaminophen) may be taken in the place of your prescription. Do not drive while taking pain medication.
3. You will also be discharged with an oral antibiotic that should be taken through its full cycle as directed.
4. Take frequent short walks to help your circulation and to decrease the risk of blood clot formation in the legs. Walking also helps with your breathing. Take frequent deep breaths. Drink abundant clear fluid. You may eat solids if you are hungry-light fare at first.
5. Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.
6. A surgical bra and gauze has been placed on you. You are to keep the surgical site clean and dry with the bra and gauze in place until you remove the bra and gauze yourself 24 hours after surgery. You may shower using a mild, gentle soap over the incision site. Be sure to carefully pat the area dry with a clean, soft towel. Put your surgical bra on after showering. Your doctor will explain further care of the surgical site at your first post –operative visit.
7. If there is paper tape (steri –strips) on your skin, leave in place. The doctor will decide when to remove them. The steri-strips are placed with glue so do not worry about them falling off.
8. Do not be alarmed if there are slight differences between your breasts with regard to size, shape, sensitivity or other characteristics. It may take several weeks to months to completely even out. These are usually the result of swelling and activity differences between each side.
9. You can expect edema (swelling) and ecchymosis (bruising) of the surgical area post-operatively. The amount of swelling and bruising varies with each individual.
10. Do not engage in any strenuous activities for the next 24 hours. Exertion that elevates blood pressure can cause bleeding. You may resume light exercise and your normal activities after your first post-operative visit with your doctor.
11. Avoid direct sun exposure to your breasts for three weeks after surgery.
12. Be aware that smoking can lead to complications and jeopardize the results of your surgery.
13. Do not soak in a tub, pool, or Jacuzzi for 6 weeks after surgery.

Please call the office to make your first post-operative appointment for seven days after your procedure. If you have any questions concerning your procedure or healing process, please call our office.