

## **BREAST REDUCTION POSTOPERATIVE INSTRUCTIONS**

1. **INCISIONS:** The incisions below the breast will have steri strips covering them. As the tape curls up, you may trim the ends.
2. **DRESSINGS:** The dressing is changed in the office on the first post operative day and a new, lighter dressing is applied. All dressings are removed on the second post operative day and the hair can be shampooed that day. Clean the incision lines three times a day with soap and water and apply antibiotic ointment to the incisions.
3. **STITCHES:** The sutures are removed 10-14 days post operatively.
4. **WOUND CARE:** You will have sutures around your nipples. Clean these areas 48 hours after surgery with soap and water.
5. You need to wear an ace bandage, tube top or sports bra around the breast for approximately 4 weeks.
6. **SWELLING:** The swelling subsides rapidly in the first 14 days after the operation and more slowly thereafter. You may continue to experience a small amount of noticeable swelling even 8 weeks after surgery.
7. **EXERCISE:** You may resume your usual routine **gradually** after surgery. You may not participate in sports or do strenuous exercise for 6 weeks after surgery. A good rule to follow is “If it hurts, don’t do it”.
8. **PAIN MEDICATION:** Take your pain medication and antibiotics as directed in the post-op period. You will need to eat before taking the pain medication. Begin the antibiotics the day before surgery. Drink plenty of water with your antibiotic.
9. **SMOKING:** Do not smoke after surgery. If you do smoke, you dramatically increase the risk of complications. Avoid second hand smoke (others around you that smoke) as it can have the same detrimental effects.
10. You can begin massaging your incision at 4 weeks with moisturizing lotion.
11. **OTHER:** If you have any questions or problems, please phone 936-539-8115.