



BREAST REDUCTION POST-OPERATIVE INSTRUCTIONS

1. When you arrive home after surgery, rest quietly in a comfortable chair or in bed. You should walk around the house a little and use the bathroom as needed. Do not do any significant activity or exertion in the first 48 hours after surgery.
2. Eat a light diet for the first 12 hours after surgery, beginning with liquids, and advancing slowly. Drink plenty of fluids, but avoid any alcohol. No cigarettes or tobacco for 3 weeks.
3. Have a responsible adult remain with you the first night after surgery. Be certain they assist you when you are first standing, walking, or showering.
4. Wear your sports bra full time for the first 6 weeks. You may shower normally, and replace it as needed. Continue to wear a supportive bra at least half-time for an additional 6 weeks.
5. Take your medications as directed:
Antibiotics: _____ One pill every day until finished
Pain Relief: _____ 1 or 2 as needed every four hours for pain
Other: Take a stool softener to prevent constipation
Take a multivitamin daily after surgery for about 2 months.
6. No driving while taking narcotics, or while your chest is tender (typically about 2 weeks).
7. Leave your Steri-strip tapes in place until they fall off on their own. They may last 3 weeks.
8. You may shower normally. No strenuous lifting or exercise for at least the first two weeks. You may begin gently with lower body exercises after that. You may advance to arm and chest exercises at 6 weeks.
9. Some minimal drainage is expected on your bandages during the first day after surgery. Some pain and bruising is also expected. This should be minimal. Report increase in pain not relieved by your pain medication, swelling (especially more on one side than the other), excessive bruising, redness, fever, or flu-like symptoms. Call me with any problems or questions.
10. Your first appointment should be scheduled 7 - 10 days after your surgery.

Post Operative Appointment _____