Postoperative Instructions for Breast Reduction

INSTRUCTIONS
• Have someone drive you home after surgery and help you at home for 1-2 days.
• Follow balanced diet.
• Decreased activity may promote constipation, add fruit to your diet and increase fluid intake.
• Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
• Do not drink alcohol when taking pain medications.
• No alcohol for 3 weeks.
• Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES
• Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
• Do not drive until you are no longer taking any pain medications (narcotics).
• Do not drive until you have full range of motion with your arms.
• Avoid vigorous exercise and activities are restricted for 6 weeks. No heavy lifting, pulling or pushing.
• Return to work in 2-5 weeks (Depends on job).

INCISION CARE
• Keep surgical tapes in place until they start to fall off themselves, at least two weeks.
• Keep incisions dry all the time.
• If you have drains, no shower or tub soaking while drains are in place. You may shower 48 hours after removal of drains. If you don’t have drains, you may shower 3 days after the surgery.
• May pad incisions with dressings for comfort.
• Sleep on your back for at least two weeks.
• Avoid any pressure on your breasts.
• If your breast skin is very dry after surgery, you can apply a moisturizer 1-2 times a day, but avoid the incisions.
• Avoid exposing scars to sun for at least 12 months.
• Always use sunblock, if sun exposure is unavoidable (SPF 30 or greater).
**WHAT TO EXPECT**
- You may experience temporary pain, soreness, or numbness of around the incisions.
- You may have bruising and swelling. The majority of bruising and swelling will subside in 2-4 weeks.
- Scars will be reddened for few weeks. They will fade and soften over time, it takes up to 12 months for the scars to mature.
- You may feel tired for several weeks.
- All Sutures are dissolvable.

**FOLLOW-UP CARE**
- If you have drains, the drains are removed when less than 30 ml for 24 hours, usually after 1-2 days.
- You need to wear the surgical bra for at least 6 weeks. Avoid bras with underwires for 4-6 weeks.

**WHEN TO CALL**
- If you have sudden painful swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
If you have sever pain and swelling to one leg or unusual shortness of breath.