

### **BREAST REDUCTION AFTER SURGERY CARE**

- 24-hours after surgery, dressings are typically removed from the breasts with the exception of the steri-strip bandages, which are directly on the incision. The strips should be left alone and allowed to fall off on their own or will be removed by your surgeon in the office.
- It is OK to get the areas wet one day after the surgery and to allow soap and water to gently run over the areas without scrubbing. The areas should be gently dried with a clean towel.
- Bra use may be an option for comfort purposes. Your surgeon will give recommendations as to if and when bras should be used. In using a bra, avoid underwire as this can irritate the new incisions. Patients are typically asked to avoid an underwire for the first 4-6 weeks after surgery.
- Swelling and mild bruising are normal after surgery but will gradually subside over 10-14 days.
- If you have a drainage tube in place, the nurse will instruct you on the appropriate care.
- Monitor the breasts for spreading redness, increased swelling, excessive drainage or puss, foul odor, increasing pain, increasing warmth, or fever over 101 degrees.
- You will be given a prescription for pain medications to treat unexpected discomfort.
- Notify your doctor if pain medications are not adequately controlling your discomfort.

### **ACTIVITIES**

- Motion will be painful at first. refrain from heavy lifting or pushing anything that goes over the head for the first 1-2 weeks after surgery.
- Drink plenty of fluids and eat light.
- Feeling tired with less stamina for your usual routine is normal for several weeks after surgery.
- Limit your exercise to stretching, bending, and walking.
- You may wear a support bra for comfort reasons only without an underwire.
- You may resume driving when you are no longer requiring narcotic pain medications.
- Most patients return to work 2-3 weeks after surgery.
- Follow up with your primary care physician regarding routine breasts examinations.

**IF YOU HAVE ANY QUESTIONS/PROBLEMS, PLEASE CALL THE OFFICE AND ASK TO SPEAK WITH A NURSE @ 312 695-6022.**