



BREAST REDUCTION POST OPERATIVE INSTRUCTIONS

After your surgery

- Leave all dressings and the surgical bra in place until you have your first post-operative appointment. Make sure that dressings stay dry and clean – you may sponge bathe around the dressings.
 - You may adjust your bra to comfort (center and shoulder clasps); it should not feel overly tight or very loose
- Wear the surgical bra day and night for the first 4 weeks after surgery. After your 1st post-operative appointment it may be removed for laundering and for showering
- Do not lie in bed for long periods of time after surgery. You should be up and walking around starting on the first day. No running, workouts, hiking, vigorous house cleaning or yardwork or lifting over 10lbs for 4 weeks after surgery.

Pain control

- The breasts may be quite tender for the first couple of days after surgery, but the pain will improve daily.
- Take the prescribed Celebrex and Tramacet (the latter as needed) post surgery
- Following this you may take Tylenol 500-1000mg and Ibuprofen 400mg every 6 hours if you need additional pain control.

Things to expect after surgery

- Swelling and mild bruising of the breasts is to be expected for the first several weeks after surgery. You will have more bruising along the sides of the breasts if you have had liposuction with your breast reduction.
- The dressings will be removed in the surgeon's office within the first week after surgery. You will have steri-strips over the incisions that will stay in place. You can shower over these steri-strips and they will peel off on their own.
- After the steri-strips are off, apply either the Skin Medica surgical scar gel (from our office) or Vaseline to the incisions twice daily. Do not use anything else on the scars. Do this for 6-12 months after surgery.
- Scars take at least 1 year and sometimes longer to fully mature (become pale and flat), however remember that everyone scars differently.
 - Massaging the scars with the vaseline when they are less sensitive a few weeks after surgery can help with breaking down and softening the scar tissue
- It takes at least 6 months for complete healing and settling of the breast tissue. Give them time to settle into their final shape and size.

Reasons to call the office (daytime) or go to the emergency department

- If one breast suddenly becomes significantly large and painful, you may have developed a hematoma, or bleeding, in the breast. Seek medical attention.
- You will have some redness right around the incisions, which is a normal part of the healing process. However, if the redness spreads across the breast and the breast becomes very tender, you might have an infection. Seek medical attention.