



POST OPERATIVE INSTRUCTIONS - BREAST REDUCTION

Patient Name: _____ **Date of Post-OP:** _____

6 Month Follow Up: _____

Medications

Be sure to take all antibiotics as directed until you have finished the prescription. Take your pain medicine as needed for discomfort. Do not take any pain medicine on an empty stomach and avoid the use of Tylenol while taking your narcotics. Do not take any other anti-inflammatory medications (Aspirin, Advil, Ibuprofen) unless otherwise directed by your doctor.

Dressing – Shower – Bath

You may shower 2 days after surgery. Use the Hibiclens soap to wash your incision until the bottle is empty. Re-apply a clean gauze dressing after showering. No hot tubs, swimming or bathtubs until all wounds have healed completely.

Diet

You will start with a clear liquid diet and then progress to your regular diet if you experience no nausea.

Activity – Exercising

Slow walking is allowed anytime. Brisk walking may be resumed in 3 weeks after surgery. No strenuous exercise (aerobics, jogging) is allowed 4 to 6 weeks after surgery. No heavy lifting (greater than 5 lbs) is permitted for 4 weeks after surgery. No under wire bra is allowed for 4 weeks following surgery, sports bra or other soft bras are allowed. Do NOT drive a car for 7-10 days after surgery or until you are off all narcotic pain medications. **NO TRAVEL FOR 2 WEEKS POST-OPERATIVELY.**

Make plans accordingly!

Return to Work

If you have a “desk job” you may return to work 2 weeks after surgery. If your job requires strenuous activity or lifting of heavy weight, you may return to work 3 to 4 weeks after surgery.

Sutures

Most of your sutures are internal and will absorb on their own. You may have a few sutures that will need to be removed at the first visit after surgery. Watch for symptoms of **Cellulitis** (warm, red, unusual swelling, tender skin to the touch). Call the office immediately if you do.

Drain Care:

Strip Drain Tubes 3 times per day. When emptying drain bulb, empty the contents 3 times a day and record amount.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE
DURING REGULAR BUSINESS HOURS, M-F 9-4:30 PM • (502) 589-5544**

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