

## **POST-OPERATIVE INSTRUCTIONS FOR BREAST REDUCTION PATIENTS**

**PAIN MEDICATION:** Dr. Woods will give you a prescription for a strong pain reliever at the time of hospital discharge. After 2-4 days, most patients find that they can begin converting over to Motrin, Aleve or Advil (over the counter pain relievers), for the rest of the post-operative week. Call us if you find that you absolutely need the stronger prescription refilled.

**BANDAGES:** Keep the bandages clean and dry. You may remove the white gauze and tape the third (3<sup>rd</sup>) day after discharge. At that time you can shower and bathe. The underlying brown skin tapes should remain on. Allow these brown skin tapes to fall off on their own (which should take approximately 1 ½ to 3 weeks). These tapes can get wet, just be sure to pat them dry with a towel.

**DRAINAGE:** Some spotting of continued incision drainage is not unusual after the outer white gauze dressings are removed. It is a good idea to put clean gauze on the draining area on a daily basis until all the draining stops.

**BRA:** It is fine to wear a bra immediately if it helps you feel better. Some ladies like the support it gives the incisions and some do not. Typically, a sports-type bra or jog bra is best. Please do not wear a bra with any underwire for six weeks because it will irritate the incision areas. Because of post-operative swelling, **do not** buy a brand new bra for 3 weeks from the day of surgery. This will ensure that you buy the correct size.

**ACTIVITY:** Absolutely **no** heavy use of arms (lifting no more than 10 lbs) for 3 weeks from the day of surgery. You may drive a car 5 days after surgery.

**DIET:** Bland foods for the first day following surgery then an unrestricted diet after that. We recommend a good multi-vitamin, **no** smoking, and **no** aspirin containing products.

**Absolutely no** hot water bottles, heating pads or ice packs to your breasts post-operatively. These may hurt the wounds due to lack of feeling and sensation.

**Possible warning signs:** Fever greater than 101.5, redness, worsening pain or swelling of your breasts.

\*\*Please understand the post-operative course should be a slow, gradual process of improvement over 3-6 weeks.

\*\*Call us any time for questions or problems:

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