

## Breast Reduction/Mammoplasty

These are some guidelines to help you during your recovery. They are not meant to be all-inclusive and you should call the office if you have additional questions or concerns.

1. Prior to your surgery it is important not to take aspirin, Motrin, or blood thinning products (including herbals or supplements) to minimize the chance of bleeding during your operation.
2. You will need a family member, spouse, or friend bring you to and from the medical facility. You will not be able to transport yourself home after surgery.
3. The surgery generally takes approximately 1.5 to 2 hours to perform.
4. The first post op visit to the office will take place 7-10 days after your procedure. We highly recommend you call the office or have a representative call to make the appointment.
5. You will have a soft dressing with either a surgical bra or ace wrap bandage at the end of the operation. If you have an Ace wrap it should be snug but not too binding. You may make some adjustments to it for comfort.
6. You will have white paper band aids (steri-strips) over the incision sites. DO NOT REMOVE THEM. They can get wet and will not cause a problem. After bathing, pat them dry. Over the course of 2-4 weeks, they will slowly start to fray and peel off by themselves. If you wish, you can trim them as they become loose.
7. You may sponge bath or shower 48-72 hours after your procedure. You may remove the dressing and support bra/ace. Using temped/Luke warm soapy water, allow it to rinse over your breast, followed by patting dry the area. Avoid hot or very warm water to prevent engorgement and increase swelling of breast tissue. Replace the bra/ace after Applying plain surgical gauze or even sanitary napkins (very good cover dressing) after bathing.
8. We highly encourage using a support bra for 14-21 days after your procedure. This will help minimize swelling and give your breast the support needed to promote the healing process. Over the course of several days/weeks, the white paper Band-Aids will fall off by themselves or we will remove them in the office.
9. If you stay overnight, my assistant, or I will change the dressings the next day prior to going home. If you were an outpatient you should change them yourself.
10. If a drain(s) was placed it should be emptied 3-4 times per day and the output recorded. The drain needs to be in a compressed state to be working. The drain is usually removed the first post op visit in the office with little to no discomfort. □ You may refer to the discharge instructions on care for the drains.
11. Swelling is very common after surgery. Your breasts may feel firm or tight. It usually takes several weeks to fully resolve. DO NOT apply ice. If however, you have excessive swelling, one breast is much larger than the other, or you have more pain on one side versus the other, these symptoms could indicate bleeding. Please call the office if any of these occur.
12. You may be uncomfortable, sore, and stiff for several days. This is normal following surgery and will improve as you recover. Shooting pains, burning, spasms, or numbness are common sensations and are temporary. You may take

- pain medication as needed to help minimize discomfort.
13. Increasing physical activity (i.e. light weights, jogging, aerobics, etc.) can be readily performed 4-6 week after your surgery.
  14. It is common to have minor wound healing problems after surgery. Usually this is due to tension on the skin or internal sutures working up to the skin. Most of the time they are treated with antibiotic ointment and soap and water washing each day covered with a clean dressing. □ Do not be alarmed, this is fairly common.
  15. If you experience high fevers (T. 101), excess drainage from the incision(s), excess swelling, redness, pain, or foul odor, please contact the office at (302) 888-0508.