

## **AFTER YOUR BREAST REDUCTION SURGERY**

- Your breasts will be wrapped in gauze that is covered with an ace bandage. If the ace bandage feels too tight, you may loosen it so that it is comfortable. All stitches are absorbable and will not have to be removed. There will be brown hypoallergenic sterile tapes covering your incisions. **Do not apply heat or cold to surgery sites.**
- You will have a drain coming through the incision on each side to remove the blood and fluid that accumulates after surgery. Please read the accompanying drain care instruction sheet for information on emptying and recording your drainage. You may not shower with the drains in place. Tub baths are permitted as long as the dressing stays dry.
- Take your antibiotics and pain medications as directed.
- If your stomach is not upset, you may resume your normal diet. If you do feel some nausea, limit your first meal to liquids, such as soup or juice. Use your anti-nausea medications as needed.
- Your activity is limited to walking for the first two weeks post-operatively. You may climb stairs if necessary.
- Your drains will be removed 1-3 days after surgery. Please call the office to make your appointment. Bring your drain record with you to your office visit.
- After your drains are removed, you will need to cover the drain sites with antibiotic ointment, gauze and tape that may be purchased at any pharmacy. Dressings may be changed once daily or as often as needed for the next 3 days. You may shower 24 hours after your drains are removed. Shower with your back to the water and pat the brown tapes dry before putting your bra back on. If the tapes are still damp, you may use a hair dryer to dry them.
- A support bra provided by the surgery center will be placed on you when your drains are removed. Additional bras may be purchased through Marena Comfort Wear (1-888-462-7362). It is recommended that you wear your surgery bra, or a similar type of support bra, 24/7 for 6 weeks post-operatively.
- You will need to be seen two weeks after surgery to remove your brown tapes. Once the tapes are removed we recommend cleansing the incisions twice daily with peroxide and applying antibiotic ointment. A topical silicone gel scar cream, available for purchase in our office, may be started four weeks after surgery. You will need to be seen 6 weeks and 12 weeks after surgery to assess healing.
- Do not lift any object heavier than 5 pounds for 6 weeks. Avoid gym, work-out activities, and all sports for 6 weeks. After 6 weeks, you may gradually return to all strengthening and impact activities. Sexual activity may be resumed after 2 weeks.
- You may not smoke or be in the company of second hand smoke for 6 weeks after surgery.
- You may not get into a hot tub, pool, lake, river or ocean until all the incisions are fully healed and there are no open areas; this usually takes 6-8 weeks.
- The results of your breast reduction surgery are immediately visible. Over time, post-surgical swelling will resolve and incision lines will fade. Final shape, size, and scarring may take 1-2 years.
- A repeat mammogram is recommended 6 months after surgery for a new baseline examination.