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**POST OPERATIVE INSTRUCTIONS FOR BREAST REDUCTION
(REDUCTION MAMMAPLASTY)**

INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive until you have full range of motion with your arms.
- Refrain from vigorous activity for 2-6 weeks. Increase activity gradually as tolerated.
- Avoid lifting anything over 5 pounds for 2 weeks.
- Resume social and employment activities in about 2 weeks (if not too strenuous).
- Limit exercises to stretching, bending and swimming until your energy level returns.

INCISION CARE

- You may shower 48 hours after removal of the drainage tubes.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on; replace if they come off.

- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- Wear your garment as directed -- Usually until first postoperative appointment and exam.
- Avoid bras with stays and underwires for 4-6 weeks; a good athletic bra is needed for support.
- You may pad the incisions with gauze for comfort.
- If your breast skin is exceedingly dry after surgery, you can apply a moisturizer several times a day, but be sure to keep the suture area dry.

WHAT TO EXPECT

- You will probably be discharged from surgery with a drainage tube from each breast.
- Incisions will be taped with steri-strips. Leave these in place until they fall off themselves or need to be changed. You can expect drainage onto the steri-strips.
- Maximum discomfort will occur the first few days after surgery.
- You may experience temporary soreness, bruising, swelling and tightness in the breasts as well as discomfort in the incision area.
- You may not have sensation in the nipples. This usually returns as your body recovers.
- Your first menstruation following surgery may cause your breasts to swell and hurt.
- You may have random, shooting pains for a few months.

APPEARANCE

- Most of the discoloration and swelling will subside in 2-4 weeks.
- Your breasts will feel firm to the touch.
- Scars may be red and angry looking for 6 months. In time, these usually soften and fade.

FOLLOW-UP CARE

- Drainage tubes will be removed either the day after surgery or when the drainage is decreased enough to safely remove, as decided by your surgeon.
- Sutures will be dissolvable and will be clipped to skin level on first clinic appointment.

WHEN TO CALL

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

For medical questions, please call:

- **909-798-9950**, Monday - Friday, 9 a.m. - 5 p.m.
- After hours and on weekends for emergency calls – Dr. Punjabi **909-213-6183**