

## Breast Reduction/Breast Lift

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to contact us if you have questions or concerns.

### Activities

- Sleep in a flexed position with your head and shoulders elevated. Keep pillows under your knees for the first few days. You can resume your normal sleeping position when comfortable.
- Driving is prohibited for 1 to 2 weeks. Do not drive while taking pain medications.
- Avoid heavy lifting (no more than 5 pounds) and vigorous use of your arms for the first 3 weeks.
- Start arm raising exercises gently on the first postoperative day or as instructed by your doctor.
- Smoking is prohibited for 4 weeks. Smoking interferes with healing.
- Prescription pain medication can cause constipation. You may take an over the counter stool softener (Colace) to help alleviate these symptoms.

### Diet

- Resume a normal diet as tolerated.

### Pain Control/Medications

- You will receive a prescription for pain medication that can be taken as directed if needed for pain control.
- The pain medication may cause constipation and does impair your ability to drive or make important decisions.
- Avoid aspirin until instructed by your doctor.

### Wound Care

- You will have some swelling or bruising of the breasts. This is normal. Softening will take place over a period of weeks.
- You may notice a change in sensation or numbness of the nipple or breast skin. This is common after surgery and should improve gradually over time.
- After the dressings are removed, shower daily avoiding hot water. After showering, pat the steri-strips dry.
- If you have drains, they are usually removed within 7 to 10 days after surgery, or when drainage is less than 30 cc over a 24-hour period. You may attach drains to a belt or strap while showering to prevent pulling.
- Use a gauze pad to protect your clothing from any oozing at the incision sites.
- The incisions on your breasts may be red for at least 3 to 6 months. The color will then begin to fade.
- A bra should be worn as instructed by your doctor. The bra should not be tight, have under wires, or have strong elastic.

**Follow-up**

Call your doctor's office at the first sign of:

Excessive pain associated with pressure of the breast.

Enlargement of the breast area.

Bleeding at the incision.

Redness, drainage or odor from the incisions.

Fever or chills.

Shortness of breath.

**Do not hesitate to contact us if you have any questions or concerns**

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