

# BREAST REDUCTION SURGERY

## Postoperative Instructions

### SURGICAL SITE CARE:

- You may remove your dressings the day *after* surgery
- If steri strips are on your incision (look like white pieces of tape), leave them in place. As they peel off, carefully trim with scissors, *do not remove* strips if they are still firmly adhered to the skin
- You may apply fresh dressings, gauze, tape etc as needed.
- You need to wear a loosely-fitted support bra at all times for at least 3-4 weeks after breast reduction surgery. The bra should be 100% cotton and most patients prefer ones that fasten in the front for easy changing.
- Your incisions will appear bunched or cinched at first, this is normal and will improve with time.
- Your breasts may appear slightly different in size/shape at first, this is normal and will improve with time.

### MEDICATION:

- Only take your pain medication as prescribed. If you find that the medication does not work for you, please notify us and we can prescribe different medication.
- Please check with a provider before adding/changing your medication.
- Take the full course of antibiotics prescribed. *Do not* discontinue the antibiotic early as this can make you susceptible to infection with resistant bacteria.

### ACTIVITY RESTRICTIONS:

- Showering is permitted the day *after* surgery, you may let the water wash over the incisions, use mild soap, dry the areas well and apply dressings as needed.
- Baths and/or swimming is *not* permitted until cleared by a provider.
- Heavy lifting (more than 10lbs) is prohibited until cleared by a provider.
- Wash hands often and avoid “dirty” surfaces in order to decrease risk of infection

### \*\*REASONS TO CALL THE OFFICE AFTER YOUR PROCEDURE:

- If you have a temperature of *101.0 degrees or higher*
- If you suspect you may have an infection, such as if the surgical site appears red, feels warm to the touch, is exquisitely tender, or has thick white/yellow/green drainage (pus)
- If you have surgical pain that is not alleviated with your prescribed pain medication
- Most other issues/concerns can be addressed at your first postoperative visit. Please call our office after your surgery to schedule this appointment if it has not already been arranged. Our office phone number is **512.533.9900**.

