

## Breast Reduction Postoperative Instructions

If you have had other procedures performed at the same time, please read those instructions as well for more specific details.

Things to have at home prior to your surgery:

A tube of over the counter antibiotic ointment (e.g., Neosporin, Bacitracin or store brand)

“Nonstick” gauze pads

An over-the-counter stool softener

Band-Aids

Your favorite non-carbonated beverage.

Positioning:

Sleep any way that is comfortable but avoid direct pressure on the breasts for a minimum of 4 weeks.

Garments:

A bra has been placed on the breasts with gauze pads covering the incisions. You may remove the gauze pads after the first day and replace only as needed. Continue to wear a sports bra until seen by Dr. Reilly. You may wash and dry the bra given to you at the hospital. If you choose to wear your own sports bra make sure it is not too tight under the breast: if it is you may choose to cut the band along the side of the bra to reduce the pressure on the lower incision. Avoid underwire bras for four weeks.

Showering:

You may begin showering 48 hours after surgery. Remove the bra and any gauze pads. Gently shower. The white tapes glued to the skin incisions may get wet. Pat dry and replace bra.

Dressings/bandages:

White tapes (“steri strips”) have been glued to the breast incisions. They will fall off on their own in a few weeks and do not need to be replaced.

Activity:

Please minimize your activity following surgery and slowly increase it over the next few weeks. The procedure does not require bed rest! You should be up and walking at least a few times per day (minimum) including the day after surgery.

## Breast Reduction Postoperative Instructions (cont.)

### Diet:

It is very important to stay fully hydrated during the post-operative period. It is best to drink water or dilute non-carbonated beverages the remainder of the day following surgery. Ensure that you are urinating at least a few times per day. You can resume solid food when you feel ready.

### Medications:

Read and follow all package inserts, warnings and instructions for any medications or products you use. Narcotic medications such as Percocet, Vicodin or Tylenol with codeine can cause constipation and you should consider taking an over counter stool softener at the same time. You may take over the counter pain relievers *instead* of the narcotics. Do not take aspirin containing products. Do not take additional Tylenol if taking narcotic pain pills.

### Follow-up appointment:

If you do not have a follow-up appointment please call the office to be seen in 2 weeks.

### Changes in condition:

If you have any minor concerns please call the office during business hours from 9am to 5pm, Monday through Friday and for serious concerns call anytime. If there is a significant or concerning change to your condition you should immediately call 911 or proceed directly to a hospital emergency room.