

## POST INSTRUCTIONS FOR BREAST REDUCTION

**DIET:** Start with liquids, if you tolerate them you can gradually progress to soft foods. When you have tolerated those you can get back to regular foods as tolerated. It is very important to drink plenty of water.

**PAIN MANAGEMENT:** Remember to have some food or milk in your stomach before taking pain medication. Do not take pain medication on an empty stomach. Take your pain medication as prescribed. You may double your pain medication initially if one pill does not give you relief. **DO NOT** double your pain medication more than once or twice as this may cause effects on your liver. Once you get on top of the pain you can take one every 4-6 hours alternating with ibuprofen. The pain medication can cause constipation. Increasing water and fiber intake will help. Someone will call you within a day or two to see how you are doing following your surgery.

**ACTIVITY:** You can be up and walking as tolerated. You may be a little lightheaded or dizzy when initially standing. Prior to standing, sit on the side of your bed for a few minutes and take a few deep breaths before standing. We would like you to mostly rest and take it easy for a few days, but it is very important that you do get up every few hours and walk around your house or room to decrease the chance of blood clots.

**GENERAL ANESTHESIA:** Because you have received a general anesthesia, do not drive or operate hazardous machinery or make any major or legal decisions for 24 hours. **DO NOT** drink alcohol for 24 hours or while you are taking pain medications or narcotics. Please have a responsible adult stay with you for the first 24-48 hours.

**COMPLICATIONS:** Notify your doctor if you have a fever greater than 101 degrees after 24 hours of surgery, abnormal drainage and persistent nausea or vomiting. If you feel you are in need of emergency care, please go to the nearest emergency department.

### SPECIAL INSTRUCTIONS:

1. **You will have a dressing put on you during surgery. Leave it on until your first post-operative visit.**
2. **It is normal to have some drainage/ blood colored fluid from the breast area or on the bra following surgery. If you have a pain pump, you may notice blood drainage from the middle of the bra area down to your stomach. This is not a problem. This occasionally happens. The pain pump is still working. Put gauze pads just under the elastic part of the bra to catch the fluid.**
3. **You may sit in a tub of water to bathe. DO NOT get the bra area wet. If you want to wash your hair you may lean over a sink or have someone wash your hair for you.**
4. **After the bra has been taken off and the doctor has seen you for your appointment, you will want to wear a supportive bra for 4-6 weeks. A sports bra is great. Do not wear an under wire bra as this will rub your incisions.**
5. **You will have tape on your incisions. Do not remove this unless instructed by your physician. The tape helps keep your incisions flat and smooth. As the tape starts to lift, cut it back. The longer the tape remains on the skin, the better your scars will mature.**
6. **No contact sports or weight lifting for 6 weeks.**
7. **Call the office if any questions arise. We are more than happy to help you in any way possible.**