

Breast Reduction

Post – Op

General Instructions:

- Minimal activities for the first 4 days after surgery.
- Remember to position yourself as you have been instructed.
- Leave the bra in place as it helps with the swelling. At the time of the first postoperative visit the bra will be removed.
- 1-2 drains may be required. If asked, drainage amounts should be logged and taken to each postoperative visit for the surgeon to review.
- Do not raise your arm(s) above your shoulders.
- NO heavy lifting, pushing or pulling for a minimum of one week.
- After the first week, full range of motion with your arms is permissible, but lifting is restricted to 5 pounds or less.

You can expect:

- Sutures to be removed between 9-11 days (unless dissolvable).
- To return to non strenuous work within 3-7 days.
- Moderate discomfort, which should be relieved by the pain medications. Also, placing well-padded ice bags high on the chest often relieves discomfort.
- Moderate swelling of the breasts and abdomen.
- Bruising around the breasts.
- Some bloody drainage on the dressings.

Call the office if you experience:

- Severe pain not responding to pain medications
- Excess swelling or swelling that is greater on one side than the other.
- A bright red spot on the bandage which continues to enlarge.
- Incisions that appear to be opening or becoming very red, hot to the touch or containing pus.
- You notice any signs of increasing firmness of one or both breasts
- If you had a nipple graft, notify the surgeon if the graft is becoming darker in color.
- A fever.
- Call the office if you have any questions.