**INSTRUCTIONS FOR PATIENTS AFTER BREAST REDUCTION**

## WOUND CARE

* Expect to have some swelling, bruising and pain after the surgery. Your incisions will leak fluid for about 1 week. This will all disappear eventually.
* Your sutures are underneath the skin and will dissolve automatically. They do not need to be removed.
* Wearing a bra is optional and only for support and comfort, and helps hold the dressings in place. Choose a bra with some compression, sports bras are great with the zipper in the front. Avoid bras with underwire for the first month.
* You can take showers the day after surgery. Avoid baths. Let the water hit your back and run over onto the front, then let the soap and water run over your incisions.
* Dry the incisions gently with a towel or a hair dryer set on cold to avoid burning your skin.
* Change your dressings once a day after your shower.
* The white tapes over your incisions (Steristrips) will fall off by themselves. If they have not done so by the end of the 4th week after your surgery, then peel them off gently in the shower.

**MEDICATIONS**

* Take your pain medications every 4-6 hours as needed.
* If some of your medications were stopped before surgery (such as Aspirin, anti-inflammatories, Coumadin, herbal medications, etc), they can be restarted 2 weeks after surgery, provided there is no bleeding from your wounds.

**ACTIVITY**

* Avoid straining, doing any heavy work or lifting any heavy objects for 4 weeks (maximum of 5 lbs). Avoid pushing, pulling or forceful squeezing.
* You can do light activities, like driving, going for walks any time after surgery.

**CALL THE OFFICE**

* Call the office (853-5154) to make an appointment in 1 week.
* If you have an urgent problem before the appointment, go to the Emergency Room.
* If the problem is less urgent, please call my office and my staff will contact me; for example:
	+ your medications are not controlling the pain
	+ you are concerned about your nipple color (very pale or very blue)
	+ you are concerned about the way your incisions are healing
	+ you have an allergic reaction to the tape.