

## BREAST REDUCTION POST-OP INSTRUCTIONS

### **General Discharge Instructions:**

1. The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. **Therefore you should not:** stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
2. Eat a light diet following surgery. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-aid, nonacid juices).

### **Medications:**

-You will receive prescriptions the morning of surgery and they will be sent to the pharmacy of your choice (This may be done in advance if your surgery is at the hospital).

-Be sure to eat something substantial prior to taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.

-Initially, take your pain medication and antibiotic 2 hours apart. If you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.

-Take pain medication and muscle relaxer 2-4 hours apart.

-ALL narcotic medication can cause constipation following surgery. We will be sending a stool softener the day of surgery to help prevent constipation. If you have continued constipation after using stool softener you can use Milk of Magnesia.

-Resume all your regular medications after surgery

-Avoid aspirin products for 7 days

**-Starting Tylenol and Ibuprofen products-** These medications may be started 48 hours after surgery. Incorporating Ibuprofen will allow you to be able to taper off of your narcotic medication. Once you're no longer taking your narcotic medication (which contains Tylenol), you may start to also incorporate Tylenol for pain.

### **Activity:**

-Be sure to get plenty of rest to allow your body to recuperate faster. However, it is important that you get up and walk around in your house at least every 2 hours during the day to prevent developing a blood clot.

-It is best to rest on your back in an upright position for comfort and to decrease swelling. You can either rest in a recliner or in bed with 2-3 pillows behind your back.

-Do not lie flat on your back for the first 4 weeks.

-Do not lift anything greater than 10 pounds (a gallon of milk) for 4-6 weeks.

-Avoid raising your arms over shoulder level, or pushing or pulling anything for the first 4-6 weeks (You may do your hair).

-Avoid any bouncy, aerobic type of activity or strenuous exercise for 6 weeks.

-You can resume sexual activity at least 2 weeks after surgery, or when it is no longer painful.

-You may drive after 10-14 days if you are not taking narcotic pain medicine.

-You can return to work within 3-6 weeks.

-Housework 3 weeks

-NO smoking 6 weeks

**Garment:**

-The type garment provided will be at the discretion of the surgeon based on your procedure and body type.

-If you're wearing a bra, make sure it's NOT tight.

-NO underwire bra for 6 weeks.

**Wound Care (also see Wound care video):**

-The day after your surgery, shower. Remove your Garment and dressings to shower.

-The type of dressing you have after surgery may vary at your doctor's discretion, based on your procedure, or skin sensitivity.

-White pad and steri-strips (Dr. Schmidt)- To shower, remove white gauze dressing only and wash over steri- strips gently with soap and water. DO NOT remove steri-strips, if they fall off on their own that is okay. Rinse and pat dry, apply clean dressing over steri-strips. Reapply garment.

-White and yellow gauze (Dr. Fox)- To shower, remove white and yellow gauze, and wash over incisions gently with soap and water. Rinse and pat dry. Apply Vaseline ointment and clean dressings over incisions. Reapply garment.

-White pad and steri-strips (Dr. Hedrick)- To shower, leave clear dressing in place until follow-up appointment. If dressing begins to peel away, you may remove them but leave the steri-strips in place. Reapply garment.

-If you develop any scabs or crusts along your incision when there is no steri-strip in place, take a warm wet wash cloth, soak it on your incision for 5-10 minutes, it will soften the scabs/crusts and gently clean them away.

-Kotex Pads/mini pads work great to use as dressings at home.

-DO NOT use a bath tub, hot tub, swimming pool, pond or lake for 4 weeks.

-No smoking or second hand smoke-could cause tissue/skin loss.

-Absolutely NO ICE OR HEATING PADS to the surgical areas-you may freeze or burn your skin.

**-If you have a drain, also see How to Care for your JP Drain Instructions and Video.**

**When to call the Doctor:**

-If one breast suddenly swells and becomes very firm and painful.

-If you experience any signs of infection, fever of 101.0 or higher, redness/heat, purulent/odorous drainage.

-If you have any problems call our office at 937-886-2980.

**Follow up:**

-Your follow up appointment can be made ahead of time, for one week post op following your surgery date. Your stitches may be removed at this time.

**For Your Comfort:**

-In preparing for your arrival home after surgery, set up the area where you will be resting with pillows, linens, and supplies needed for your specific surgery.

-Rather you are going to be lying in bed or a recliner (this is best if you have one available), have plenty of pillows to rest with your chest elevated, on an old sheet, towels, etc. as drainage may occur beyond the dressings.

-Have something to drink within easy reach, drink plenty of fluids following surgery to stay well hydrated.