



Breast Reduction Post Operative Instructions:

Post-operative care is crucial for a smooth recovery after breast reduction surgery. Here are detailed instructions to help ensure a successful healing process. However, always follow the specific guidelines provided by your surgeon, as they may have tailored instructions based on your individual case.

1. Immediately After Surgery

- **Rest:** Plan to rest in a semi-upright position (use pillows to prop yourself up) for the first 48 hours. This helps reduce swelling.
- **Assistance:** Have a responsible adult stay with you for the first 24 hours after surgery.
- **Nausea:** You may feel nauseous from anesthesia. Stick to clear liquids and light foods like toast or crackers until this subsides.

2. Wound Care

- **Dressings and Bandages:** Your surgeon will place dressings over your incisions. Keep these clean and dry. Do not remove them unless instructed.
- **Surgical Bra:** Wear the surgical bra provided or recommended by your surgeon at all times, except during showers. This bra helps support your breasts and minimize swelling.
- **Showering:** Typically, you can shower 48 hours after surgery, but avoid letting water directly hit your incisions. Pat the area dry gently with a clean towel. No baths, swimming, or soaking in water for at least 4 weeks.
- **Drain Care:** If you have surgical drains, empty them as directed and record the output. Your surgeon will give specific instructions on when to remove them.

3. Pain Management

- **Medications:** Take prescribed pain medications as directed, especially during the first few days when discomfort is most significant. Avoid aspirin and ibuprofen, which can increase bleeding, unless approved by your surgeon.
- **Cold Compress:** Apply cold packs (wrapped in a towel) to reduce swelling and discomfort for 15-20 minutes every few hours, as needed. Do not apply ice directly to the skin.

4. Activity Restrictions

- **Rest and Recovery:** Get plenty of rest but start walking around the house as soon as possible to promote circulation and reduce the risk of blood clots.
- **Limit Upper Body Movement:** Avoid lifting, pulling, or pushing anything heavier than 5 pounds (2 kg) for the first 2 weeks. This includes lifting your arms above your head.
- **Avoid Strenuous Activities:** No vigorous exercise, heavy lifting, or intense cardio workouts for at least 4-6 weeks. Gradually ease back into your routine as approved by your surgeon.
- **Sleep Position:** Sleep on your back with your head elevated for the first few weeks to reduce swelling. Avoid sleeping on your side or stomach.

5. Diet and Hydration

- **Hydrate:** Drink plenty of fluids, particularly water, to stay hydrated and aid in healing.
- **Balanced Diet:** Eat a nutritious, balanced diet rich in protein, vitamins, and minerals to support tissue repair.
- **Avoid Alcohol and Smoking:** These can impair healing. It's best to avoid them for at least 4-6 weeks post-op.

6. What to Avoid

- **No Smoking or Nicotine:** Smoking can significantly delay healing and increase the risk of complications. Avoid smoking or using nicotine products for at least 4 weeks before and after surgery.

- **Avoid Sun Exposure:** Keep your scars covered and avoid direct sunlight for at least 6-12 months to prevent darkening of the scars. Use sunscreen if the area is exposed.
- **No Underwire Bras:** Avoid underwire bras for at least 6-8 weeks, as they can irritate your incisions. Stick to soft, supportive bras as recommended.

7. Monitoring for Complications

- **Normal Symptoms:** Mild swelling, bruising, tightness, and numbness are normal and may persist for several weeks.
- **Contact Your Surgeon If:**
 - You develop a fever above 101°F (38.3°C).
 - There is excessive bleeding or drainage from your incisions.
 - You experience severe pain that is not relieved by medication.
 - You notice redness, warmth, or swelling around your incisions (could indicate infection).
 - You have difficulty breathing or chest pain (seek immediate medical attention).

8. Follow-Up Appointments

- **First Follow-Up:** You'll likely have a follow-up appointment within the first week. Your surgeon will check your healing progress, remove any drains, and possibly change your dressings.
- **Long-Term Care:** Regular follow-up visits may be scheduled over the next few months to ensure proper healing.

9. Scar Management

- **Scar Creams and Silicone Sheets:** Once your incisions are fully closed (usually after 2-4 weeks), you may be advised to use scar creams or silicone sheets to minimize scarring.
- **Massage:** Your surgeon may recommend gentle scar massage to soften the tissue and improve appearance, typically starting 4-6 weeks post-op.

10. Emotional Well-Being

- **Emotional Recovery:** It's normal to experience a mix of emotions after surgery. You may feel relieved, happy, or even experience some temporary depression as your body heals. Reach out to friends, family, or a counselor if you need support.
- **Body Adjustment:** It may take several weeks to months for swelling to fully subside and for you to see the final results. Be patient with the healing process.

Quick Reference Checklist

- Wear your surgical bra 24/7 (except when showering).
- Keep your incisions clean and dry.
- Take prescribed medications as directed.
- Avoid lifting, stretching, and strenuous activities.
- Stay hydrated and eat a nutritious diet.
- Attend all scheduled follow-up appointments.
- Contact your surgeon if you notice any signs of complications.

These guidelines are meant to help you recover safely and comfortably. If you have any questions or concerns during your recovery, don't hesitate to reach out to us

Office: 682-285-4575

www.restoreprs.com