

Breast Reduction/Lift Surgery

POST-OPERATIVE INSTRUCTIONS

1. Have someone drive you home after surgery and help you at home for 1-2 days.
2. Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
3. Do not drink alcohol when taking pain medications.
4. Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES:

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Do not drive until you have full range of motion with your arms.
- Refrain from vigorous activity for 2-6 weeks. Increase activity gradually as tolerated.
- Avoid lifting anything over 10 pounds for 2 weeks.
- Resume social and employment activities in about 2 weeks (if not too strenuous).

INCISION CARE:

- You may remove all bandages and shower after 3 days. No drainage tubes placed usually.
- Keep incisions clean and inspect for signs of infection.
- Wear a sports bra and you may pad the incisions with gauze for comfort.
- Avoid bras with underwire for 4-6 weeks.
- If your breast skin is exceedingly dry after surgery, you can apply a moisturizer several times a day, but be sure to keep the suture area dry.

WHAT TO EXPECT:

- You may have random, shooting pains for a few months.
- Most of the discoloration and swelling will subside in 2-4 weeks.
- Your breasts will feel firm to the touch.
- Scars may be red and angry looking for 6 months. In time, these usually soften and fade.
- In the rare instance of drainage tube placement, it will be removed on first follow up visit. Drain care instructions will be given by nurse prior to discharge.
- Sutures will be non-absorbable and will be clipped to skin level on first follow up appointment.

WHEN TO CALL:

- If you have excessive swelling or bruising especially in one breast much more than the other.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

For Medical Questions...

Please call us at (317) 325.2699 Monday-Friday, 8 a.m.- 4p.m. For after hours and on weekends, call the hospital operator at (317) 462.5544 to have Dr. Amde paged.