

Breast Reduction Surgery (Reduction Mammoplasty)

Post-Operative Care

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- 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 5 pounds for 2 weeks.
- Resume social and employment activities in about 2 weeks (if not too strenuous).

Incision Care

- You may shower 48 hours after removal of the drainage tubes.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on.
- Keep incisions clean and inspect daily for signs of infection.
- No tub soaking while sutures or drains are in place.
- Wear your surgical bra 24/7 as directed for 6 weeks post op.
- Your surgeon may let you move into a sports bra after 2 weeks (24/7). The bra needs to be a front closure with formed cups (not flat front).
- Avoid bras with stays and underwires for 4-6 weeks.
- You may pad the incisions with gauze for comfort.
- 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 will be discharged from surgery with a drainage tube from each breast.
- Incisions will be taped with steri-strips. Leave these in place until they fall off themselves or need to be changed. You can expect drainage onto the steri-strips.
- Maximum discomfort will occur the first few days after surgery.
- You may experience temporary soreness, bruising, swelling and tightness in the breasts as well as discomfort in the incision area.
- You may not have sensation in the nipples. This usually returns as your body recovers.

- Your first menstruation following surgery may cause your breasts to swell and hurt.
- You may have random, shooting pains for a few months.

Appearance

- 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.

Follow-Up Care

- Drainage tubes will be removed when the drainage is less than 30 cc x1- 2 days. This will vary between surgeons.
- Sutures will be dissolvable and will be clipped to skin level on first clinic appointment.

When to Call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- 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.
- If you have loss of feeling or motion.