

## **POST OPERATIVE CARE BREAST REDUCTION**

### **Post op care:**

- Surgical bra to be worn 24/7 until follow up appointment in 7-10 days
- Sleep on back, or side if comfortable, with head, neck, and shoulders elevated
- May shower 24 hours after surgery. Leave white tapes (steri-strips) on skin. These may get wet. They may fall off on their own.
- No straining, lifting, or bending for 2 weeks
- No aspirin or ibuprofen for 3 days
- Can operate a motor vehicle 24 hours after last dose of narcotic pain medication
- Rest – can resume most activities in 2 weeks

### **What to expect:**

- Swelling and bruising can occur up to 48 hours post-op. May take several weeks (bruising) to several months (swelling) to resolve
- Moderate discomfort – take pain medication as directed
- Constipation may occur with narcotic pain medicine – increase fluid intake and use mild laxative or stool softener if needed
- Asymmetry – right and left sides will heal at different rates
- Numbness, tingling, and sensitivity to physical contact may persist for several weeks or longer

### **Follow-up:**

- Follow up appointment 7-10 days post operatively
- Bring light support or sports bra to follow up appointment (Bestform brand found at Kmart or Walmart has bra that has hooks and eyes in front-nice fit and inexpensive)
- May return to work 2 weeks post op
- No underwire in bra for 3 months
- No underwire bra in a bathing suit for 3 months

**DO NOT HESITATE TO CALL THE OFFICE WITH ANY QUESTIONS  
OR CONCERNS**

**Pain medication:** \_\_\_\_\_

**Antibiotic:** \_\_\_\_\_

**Follow-up:** \_\_\_\_\_ **please call office to  
arrange follow up appointment (610) 519-0600.**