



Breast Reduction Post-operative Instructions

- Discontinue all aspirin products or medicine that can increase your chance of bleeding two weeks prior to surgery. This includes: diet pills, all herbal medications (tumeric), flax seed oil and vitamin E.
- Dr. Patel will want to see you in the office one week after surgery.
- We will place you in a surgical bra after the procedure with fluffed gauze in the bra.
- The day after surgery you may remove the gauze and bra, and you may shower. You may wash gently with soap and water, but you may not bathe, swim, or soak. You should then put on a clean soft bra, and you no longer need gauze or padding in the bra.
- We want you to wear a soft bra with NO UNDERWIRE, 24 hours a day (including sleeping) for the first 6 weeks after surgery, removing the bra only to shower or to wash the bra. You may continue to wear the surgical bra or your own bra as long as it is the correct type. This will support the breasts while they are healing and help decrease swelling.
- You will have tape and skin glue protecting your incisions. DO NOT REMOVE. Dr. Patel will remove it for you 3 weeks after surgery. If it begins to lift up or fall off, you may trim the excess, but leave the remainder in place.
- Sleep with your head elevated and pillows behind your back for support as needed.
- You will have swelling and bruising, this is normal. Do not use ice packs on your breasts because the skin will be numb and the ice packs may actually cause an injury.
- You should try to stay active starting the first day after surgery, but limit lifting your arms above the level of your shoulders, and do not engage in heavy exercise or activity until cleared by your surgeon. No lifting anything heavier than 5 pounds.
- You may not drive until cleared by your surgeon.
- The majority of your sutures will be dissolvable, but you may have one permanent suture below each breast that will be removed by Dr. Patel 3 weeks after surgery.

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- Do not apply any other creams or lotions to the skin unless instructed to do so.
- You may take Zofran as needed for nausea.
- You may start taking your pain medicine if needed 4 hours after surgery. Do not take on an empty stomach. Eat crackers or dry toast to prevent nausea.
- A responsible adult should remain with you during the first 24 hours after surgery.
- Call your surgeon immediately at (832) 835-1131 if you experience persistent pain not relieved with pain medication, excessive drainage or purulence, redness of the breasts, or fever >101.
- Call 911 immediately if you experience shortness of breath, sudden sharp chest pains (especially if made worse by deep breath or cough), painful respiration, new onset of wheezing without any prior history, or if you experience a seizure without any prior history.
- **ABSOLUTELY NO SMOKING!** Smoking will compromise the blood flow to the surgical area, which will delay the normal healing process.