

## **Breast Reduction**

# **POST OPERATIVE INSTRUCTIONS**

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest
- Follow a balanced diet and drink plenty of water.
- Constipation is a side effect of decreased activity, use of pain medicines, and dehydration. Be sure to walk, drink fluids regularly, and consider adding raw fruit to your diet. It is recommended you pick up a stool softener of your choice and take it daily if you are taking narcotics.
- Take pain medication as prescribed. Do not take aspirin or any products contains aspirin unless approved by your surgeon.
- Do not drink alcohol, drive a car, or make important decisions when taking pain medications.
- Do not smoke or be around a smoker. This can be the most significant cause of serious health issues.
- Start walking the evening of the surgery - this helps reduce swelling, lowers the chance of developing blood clots/pneumonia and helps avoid constipation.
- Do not drive until Dr. Ditto releases you and you are no longer taking pain medication (narcotics).
- Do not drive until you have full range of motion with your arms, and can stop the car or swerve in an emergency.
- Refrain from vigorous activity for 2-6 weeks. Increase activity gradually as tolerated. After 2 weeks you may perform light lower body exercises.
- Avoid lifting anything over 5 pounds for 2 weeks.
- Resume social and employment activities in about 1-2 weeks (if not too strenuous). We will discuss this at your pre and postoperative appointments.

### **Incision Care:**

- You may shower 48 hours, after your postoperative visit.
- Avoid exposing scars to the sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on until they start to curl up on the ends, and then gently remove them.
- Keep incisions clean and inspect daily for signs of infection.
- No soaking in water of incision areas for at least six weeks or until your incisions are completely healed.
- Wear your surgical bra 24/7 as directed for up to 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 underwire for 4-6 weeks.
- You may pad the incisions with gauze for comfort (panty liners also work well as they are absorbent and inexpensive).



- If your breast skin is dry after surgery, you can apply a perfume-free moisturizer several times a day. Keep the suture area dry.

**Your post operative appointment is scheduled for 2 days after surgery.**

You post operative appointment is:\_\_\_\_\_

**PLEASE CALL DR. DITTO IF YOU DEVELOP ANY OF THE FOLLOWING**

- Fever of 101F or higher
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul discharge from incision site.
- Persistent nausea/ vomiting.
- Any other medical concerns.

Thanks,

Ditto Surgical  
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