

Instructions for Care after your Reduction Mammoplasty

After your surgery, the following guidelines may be helpful. If you have any questions or concerns, please do not hesitate to call Dr. Lynch at 609-448-6200.

1. Following surgery you will be in a surgical bra to maintain compression. Please wear the bra and 24/7 except for bathing. You may remove the bra for one hour each morning and evening to relieve any garment pressure on your skin.
2. Please finish taking all of your antibiotics as prescribed. Often, eating yogurt may help with minimizing some of the gastrointestinal side effects of antibiotics. If you are prescribed narcotics for pain management, it is important to stay well hydrated, and increase fruits and vegetables in your diet to minimize the side effect of constipation.
3. Continue to stay well hydrated: drinking at least 6-8 glasses of water each day.
4. Please notify the office if you experience fever, chills, redness, or unusual swelling after surgery.
5. Please avoid strenuous upper arm/chest muscle exercises for 6 weeks after surgery. Please limit lifting to no greater than 10 lbs.
6. You may have a surgical drain from each breast for a few days. Please empty these drains and record the output as instructed (see attachment). You may have one suture in the lower portion of your breast. This suture will be removed at your second postoperative visit. All other sutures will absorb.
7. You may shower on the 3rd day after surgery. Please wear a cotton belt around your waist and pin the surgical drains to the belt while you shower.
8. 4 weeks after surgery, you may begin to use products (vitamin E oil, Mederma, etc.) to minimize the surgical scars.
9. You will receive a prescription for a mammogram 4 months after your surgery. This mammogram will be in addition to your annual mammogram and will become your postoperative baseline.
10. **Do Not Smoke. Do not be in a room or car when anyone is smoking.**