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Plastic and Reconstructive Surgery

BREAST REDUCTION

Postoperative Instructions:

- Please call our office at (203) 772-1444 to schedule a postoperative visit if you have not already done so.
- Keep breast dressings in place until you are seen in the office. Do not get dressings wet. Tub or sponge bathe only. You will be able to shower after dressings are removed.
- Please empty drains and record output every 8 hours or as needed. “Milk” or strip tubes and return to bulb suction. Please bring the record with you to the office.
- You have been prescribed the following medications:
 - _____ . Take _____ tablet(s) by mouth every _____ hours as needed for **pain**.
 - _____ . Take _____ tablet(s) by mouth _____ times a day until finished. This is your **antibiotic**.
- You may resume a regular diet as tolerated.
- Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, and Vitamin E for one week following surgery.
- No heavy lifting > 5 pounds, pulling, or pushing for one month. We encourage you to walk as early as the day of surgery. You may ride a stationary bike 2-3 weeks after surgery. No high impact aerobic exercise or upper body workout for 6 weeks.
- No driving for a *minimum* of two weeks.
- Please bring a sports bra (preferably front closure) to your first postoperative visit. You will need to wear one for one month after surgery.
- You will begin daily wound care **after** your first postoperative visit: Use Q-tips to *gently* apply hydrogen peroxide to suture line. Then apply bacitracin and gauze. Replace sports bra. Do this until you start silicone sheeting.
- We recommend the use of silicone sheeting for scar therapy to begin 2 weeks after surgery. Mastopexy Epi-Derm sheets can be purchased online at www.biodermis.com.
- Other: _____

- Please call the office at (203) 772-1444 if there are any problems or questions following surgery.

