

Post-Operative Instructions for *Breast Reduction*

After Surgery

- After surgery you will have a bra on.
 - Wear your bra all the time, except when showering.
 - You can shower 2 days after surgery. It is ok for soap and water to go on the incisions and drains.
-

Activity

- Do not raise your arms above shoulder level.
 - Do not lift anything >5 pounds.
 - Be careful when getting in and out of bed/chair that you do not put a lot of pressure on your arms as it will pull on your breasts.
 - Walking is good and decreases the risk of blood clots.
 - Do not exercise or do anything that raises your blood pressure.
 - Exercise is not permitted for 6 weeks.
-

Medications

- Take acetaminophen for pain, take the narcotic pain medication only for severe pain (you can also take a half pill). Ibuprofen is ok 3 days after surgery. Some patients do not need the narcotic.
 - You do not need any additional antibiotics.
-

What To Expect While Healing

- Bruising is normal, if you have redness that is spreading, reach out to your surgeon.
 - Some fluid on the dressing is normal.
 - The breasts will achieve their shape over the next few months, wrinkles are normal in the beginning.
-

Follow-Up

- You should see Dr. Clain within 14 days of surgery. If you do not have an appointment, please call his secretary.