



## BREAST REDUCTION

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (480) 423-1973.

You will have drains in after surgery. Empty the drains at least twice a day (we will show you how). Often, the drains are removed the morning after surgery. Avoid excessive heat (ie, heating blankets) or cold (ie, ice packs) to the breasts as the skin is sensitive to temperature. Try to sleep on your back propped up with a few pillows - this will help to reduce swelling. Remember to take a few deep breaths every hour while you are awake to keep your lungs clear.

You can expect:

- Moderate discomfort-which should be helped by the pain medications
- There may be some bloody drainage on the dressings

Call the office if you have:

- Severe pain not responding to pain medication
- Swelling that is greater on one side than the other
- Bright red spots on bra, which continue to enlarge
- Incisions that are red or feverish
- A fever greater than 100 degrees
- Any other questions or problems arise

Leave the bra in place as it helps with the swelling. When you are cleared to shower, take the bra off while you shower and replace it after the shower. Wear the bra day and night for the first two weeks. No smoking for the first 3 postoperative weeks (minimum). Do not raise your arms above your shoulders, do heavy lifting, or push or pull on things for one week. The second week, you will begin full range of motion with your arm but lifting is restricted to 5 pounds. You may drive once off the pain pills and when you experience no pain with this activity.

**Avoid smoking or second hand smoke for a minimum of 6 weeks after surgery.**