

Paragould Plastic Surgery

1000 West Kingshighway

Suite 7

Paragould, AR 72450

(870)239-8427

Breast Reduction

Post-Operative Instructions

Instructions

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not smoke. Smoking delays wound healing and greatly increases your risk of complications.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking narcotic pain medication and have full range of motion with your arms.
- No strenuous activity for 2-6 weeks. Increase activity slowly as tolerated. (If it hurts don't do it.)

- Avoid lifting anything over 5 pounds for 2 weeks.
- Avoid reaching above your head (ex. Reaching for something out of kitchen cabinet) for 2 weeks.
- You may return to work in about 2 weeks (if not too strenuous).

Incision Care

- You may shower 48 hours after surgery. Please remove all dressings before showering. No baths, hot tubs or swimming until cleared by your surgeon.
- Keep incisions clean and dry. Do not apply any ointments or creams to incisions unless directed by your surgeon.
- Wear a cotton sports bra 24/7 as directed for 6 weeks post op. Avoid bras with underwire 4-6 weeks.
- You may pad the incision with gauze for comfort. It may be necessary to change gauze more than one time per day if you are having drainage.
- It is the responsibility of the patient to purchase dressing supplies (4x4 gauze, 4 inch roll gauze and tape if needed). Dressing supplies will not be provided by hospital or doctors office.

What to Expect

- You will go home from hospital the same day as surgery.
- Maximum discomfort will occur the first few days after surgery.
- You may experience temporary soreness, bruising, swelling and tightness in the breasts as well as discomfort in the incision area.
- You may not have sensation in one or both of your nipples. This usually returns as your body recovers.
- You may have random, shooting pains for a few months.
- It is normal to have a small amount of blood tinged drainage.

Appearance

- Most of the discoloration and swelling will go away in 2-4 weeks.
- Your breasts will feel firm to the touch.
- Scars may be red and angry looking for up to 6 months. In time, these usually soften and fade.
- All sutures are dissolvable and will go away over time.

When to Call

- If you have increased redness along the incision.
- If you have increased pain that is not relieved by medication.
- If you have any side effects to medications such as a rash.
- If you have an oral temperature over 100.4 degrees.
- If you have any tan or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

For Medical Questions, please call:

- (870)239-8427, Monday-Friday, 8am to 4:30pm
- After hours, weekends and holidays (870)239-8247 and the answering service will assist you.
- You will follow up with surgeon 2 weeks from the day of your surgery.