

Breast Reduction Surgery Discharge Instructions

General

- No lifting arms at the shoulder (abduction) greater than 30-45 degrees
- Brushing your teeth and hair are fine, but lower your head to your hands when doing so as much as possible
- Activities of daily living (i.e. walking around the house, going to the bathroom, lifting the TV remote etc.), are all fine, but avoid rigorous activities that elevate your heart rate
- No lifting > 10-15 lbs. If you have to lift, do so only with your arms or with your knees as much as possible
- In general, listen to your body. If it hurts, **DON'T DO IT!**

Sleeping

- Sleep on your back at all times for 3 weeks after surgery. Sleeping on your side increases the risk of complications.
- If possible sleep inclined ~ 30-45 degrees for ~ 10 days after surgery. This will limit swelling
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Driving

- No driving for 1 week following surgery or drain removal, whichever comes first
- No driving while taking prescription pain medications

Dressings / Bathing

- After 48 hours, you may remove all your dressings and shower
- Your dressing consists of steri-strips (small white band-aids) around the nipples. These are designed to get wet and will fall off on their own. If the steri-strips start to peel up at the edges, feel free to remove them
- A yellow, sticky gauze called Xeroform covers the vertical and horizontal incisions. This can be removed and throw away before your first shower
- Purchasing Maxi-pads from the drugstore can be very helpful. Once your dressings come off, nothing is sterile, so there is no sense in spending money on sterile dressing. Maxi-pads are thick and absorbent, and should be laid over the incisions and nipples before replacing the sports bra. This prevents rubbing on the incisions. This should be done for at least the first 14 days after surgery
- Wear your post-surgical bra at all times when not showering, including sleeping. When you are resting and will not be ambulating, you may undo the surgical-bra if you wish

Pain Control

- The mainstays of pain control medications after surgery include Tylenol, Ibuprofen, or other similar medication (Advil, Aleve, Meloxicam etc.), and a narcotic (Oxycodone, Hydrocodone, Dilaudid etc.)
- Tylenol is a wonderful medication if taken around the clock (700mg every 6 hours). If Tylenol is taken sporadically it will not provide much pain relief. Plan on taking this medication continuously for at least the first 10 days after surgery

- Ibuprofen should be started no sooner than 24 hours after surgery as it slightly increases your risk of bleeding. Dosing is 200-400mg every 4-6 hours
- Some patients will be prescribed a medication called Meloxicam. This is a once daily dosing of Ibuprofen to be taken once a day for the first week after surgery. **DO NOT TAKE MELOXICAM AND IBUPROFEN**
- Oxycodone dosing is 5-10mg every 4-6 hours. This medication tends to make people and should be taken before bed as it will provide longer term pain control while you sleep
- Tylenol, Ibuprofen and Oxycodone all act by different mechanisms and can all be taken at the same time

What To Expect After Surgery

- You will be sore and in some pain. Pain should be manageable using a combination of tylenol, ibuprofen and your prescribed narcotic. Please take your medication as prescribed.
- Inflammation peaks 48-72 hours after surgery. Expect an increase in pain and discomfort over this time interval.
- After 48-72 hours, inflammation and discomfort should start to decrease a little each day
- It is normal to feel tired, and even more emotional for at least 10-14 days after surgery. This will improve as your healing progresses
- Some minor bleeding through the incisions, and even through the bra itself, particularly if you had liposuction, is common. If the bleeding soaks a large part of the bra (the size of your cell phone), let the clinic, or Dr. Gougoutas know immediately