



BREAST REDUCTION INSTRUCTIONS

(IN ADDITION TO THE GENERAL INSTRUCTIONS)

PRE-OPERATIVE INSTRUCTIONS

- Do NOT smoke at least 2 weeks prior to surgery
- Do NOT take ASPIRIN or aspirin-containing products
- Please have your prescriptions filled prior to surgery
- Obtain a full-coverage brassiere that fastens in the front and does NOT have underwire

POST-OPERATIVE INSTRUCTIONS

- Avoid sleeping on your side or your chest
- Apply ice packs to the breast and chest areas to reduce swelling for the first 48 hours
- Do NOT take pain medication on an empty stomach, this can increase nausea
- Swelling is to be expected, and will maximize by 48 hours
- You may shower, but avoid water pressure directly on the breast area
- Do NOT engage in strenuous exercise and vigorous aerobic activity for 4-6 weeks. Walking and gentle exercise is permitted
- Sutures will dissolve on their own, steri-strip (tape) dressings on the incisions will fall off after repeated bathing (may take several weeks)
- If drains have been placed, measure the output total over 24 hour increments
- Please do NOT drive until instructed by your physician

NOTIFY THE OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- One breast is larger than the other
- If you develop a temperature above 101.5° F
- If you develop redness (like a sunburn) on your breast

PLEASE CALL THE OFFICE AT 301-215-5955 IF YOU HAVE ANY QUESTIONS OR PROBLEMS