



## BREAST REDUCTION POST-OP INSTRUCTIONS

Congratulations! Your surgery is over and you are now home recovering. After surgery, it is important to follow these postoperative instructions. This will increase the likelihood of an uneventful recovery and of achieving the results you desire. If you have any questions regarding these instructions or your recovery, please call Dr. Hein at 781-263-0011. We wish you all the best and are always happy to hear from you.

### ACTIVITY

- The first week, you will need to rest. You may be tired. I suggest you walk around the house as much as possible but limit activity outside the house.
- You will be most comfortable sleeping on your back.
- Avoid lifting more than 10 pounds for 4 weeks.
- Do not exercise for 4 weeks.
- You may not drive until you are off narcotic pain medication and able to physically manage the car (steering wheel, brake pedal) comfortably. For most people this is about 10 days.
- Do not smoke; do not be near secondhand smoke.

### DRESSINGS

- You may remove your dressings after 48 hours; you may shower at that point.
- Wear the hospital bra or another soft, comfortable bra to provide light support thereafter.
- There is no need for sterile dressings at this point. Clean, dry gauze is fine, as are maxipads, if you are still having some drainage from the wounds.
- Do not use a heating pad around the surgical sites. It could cause a burn.
- If you have drains, record the drain output. Also, if you have drains, please leave your dressings on until your first office visit, when Dr. Hein and her team will remove your drains and change your dressings. Please bring your post-op bra to that visit.

### DIET

- You won't have much of an appetite for a few days.
- If you have nausea, stick to a bland diet and eat lightly until the nausea goes away.
- Drink plenty of fluids.
- Try to avoid getting constipated—laxatives and stool softeners may be helpful. Tapering off the narcotic pain medication as soon as possible is also helpful.

### MEDICATIONS

- Dr. Hein will prescribe a narcotic pain medication for you (usually oxycodone or hydromorphone). You should not drink alcohol or drive while on this medication. You should taper off of it as soon as possible.
- You may take Tylenol and/or advil (motrin, ibuprofen, alleve, etc.) as well. Doing so will help you taper off the narcotic.
- If Dr. Hein prescribed an antibiotic (this is unusual), you should take it until it is completed.