

# Post Operative Care Instructions For Breast Reduction

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1. Immediately after surgery a surgical bra will be placed over your dressings. There may be drains in place in each breast. The drains will be removed approximately 2-3 days after surgery.
2. You will be discharged from the hospital following surgery. Pieces of tape will be present along all suture lines. These pieces should be left in place.
3. You will experience pain for a day or two that can be controlled with medication. You should never attempt to drive when taking medications that cause drowsiness. Motion may be painful for a few days.
4. You will be instructed when to return to the office. You will be allowed to shower after the drains are out. **If you have large yellow “pumpkin” looking dressings over each nipple, you should not shower until these dressing are removed.**
5. You will be required to wear a bra day and night for 4-6 weeks after surgery.
6. Swelling and skin discoloration will subside in the first 2-3 weeks after surgery. Return to normal activity will depend on how you heal and how you feel. You will be up in a day or two after surgery, but you should refrain from excessive movement and overhead lifting for 4 weeks following surgery.
7. You can expect itching, and perhaps some occasional sharp shooting pains over the sides of your breasts for 4-6 weeks.
8. **NO SMOKING FOR 2 WEEKS BEFORE AND 6 WEEKS after surgery.** Smoking reduces the blood supply to your skin and impairs your body’s ability to heal.
9. No heavy exercise or heavy lifting for 4-6 weeks after surgery. We are pleased if you feel great after surgery and want to jump right back in the swing of things, but **DON’T DO IT!** Heavy lifting and exercise increase the pressure in your vessels and may cause you to bleed.
10. **DO NOT** take aspirin or aspirin products, Vitamin E, diet pills or herbal medications such as St. John’s Wort for **14 days before or one month after** surgery. This includes Motrin, Advil and Ibuprofen. Tylenol is OK. If you take aspirin as prescribed by another physician, please call our office to discuss exceptions.
11. Please record all drainage amounts in mL’s (milliliters) or cc’s, not ounces.

**If you should need to reach Dr. Coberly after hours or during the weekend please call (813) 448-6550 choose extension #6 to reach the answering service.**