

**Dana M. Coberly, M.D.**  
**BREAST LIFT/ BREAST REDUCTION**  
*After Care Instructions*

- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a soft regular diet the next day.
- If you have discomfort, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. Do not drink alcohol while taking the pain and/or anxiety medication.
- For the first 48 hours, keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not lift anything heavier than 10 lbs. (about the weight of a gallon of milk).
- You may shower 24 hours after surgery. Pat breast area and steri strips dry.
- Frequently small drains are used to drain the accumulating fluid from the surgery site into round bulbs. The bulb should be kept collapsed at all times. The bulbs should be emptied every 8 hours or earlier if they become full. Usually drains are removed within the first few days after surgery. If you are sent home with drains, please record the amount of fluid emptied. The nurse or Dr. Coberly will show you how to care for the drains.
- You may wear a bra after surgery. Often a bra will be placed at the end of the surgery, and should be worn for the first 4 weeks.
- Excessive and strenuous activities should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time.
- Driving may be resumed when a sharp turn of the steering wheel does not cause you pain. This is usually in 5-7 days. Do not drive if you are taking narcotic pain medication (*Tylenol*<sup>TM</sup> does not cause drowsiness, and you may drive after taking it).
- Bruising and swelling are normal for 2-3 weeks. It will disappear over time.
- Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.

- You can expect swelling after surgery. If the swelling on one side is definitely more pronounced on one side than the other side or if you are having pain which is NOT relieved by the pain medication, call Dr. Coberly at 813-259-1550.
- All incisions will be sensitive during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact your doctor.
- If you develop a fever (oral temperature greater than 101 degrees), redness, or increased pain or swelling at the surgical incisions, please call your doctor.