**Post-Operative Instructions**

**Breast Reduction**

Please read the instructions carefully. Should questions arise during your recovery, please use the contact information at the bottom of the sheet.

**Immediately after surgery**

* Minimal activities for the first 4 days after surgery; regular ambulation is highly recommended.
* Sleep on your back with the head slightly elevated to help with swelling.
* Leave the bra in place as it helps with the swelling. At the time of the first postoperative visit the bra will be removed.
* Sponge baths may be used for hygiene for the first 2 days. Showers are allowed 48 hours after surgery. After the shower, pat the incisions dry and apply antibiotic ointment.
* 1 to 2 drains may be required. If asked, drainage amounts should be logged and taken to each postoperative visit for the surgeon to review.
* Do not raise your arm(s) above your shoulders for 1 week.
* NO heavy lifting (heavier than 10 lbs.), pushing or pulling for a minimum of one week.
* After the first week, full range of motion with your arms is permissible.
* Avoid smoking for 3-6 weeks after surgery; no alcohol for 1 week after surgery.

**You can expect**

* Sutures to be removed between 9 to 11 days (unless dissolvable).
* To return to non strenuous work within 3 to 7 days.
* Moderate discomfort, which should be relieved by the pain medications. Also, placing well-padded ice bags high on the chest often relieves discomfort.
* Moderate swelling of the breasts and abdomen; bruising around the breasts.
* Some bloody drainage on the dressings.

**As time goes by and you are healing, the following guidelines apply**

* You will be instructed in special exercises which you will need to perform two to three times a day for at least one-year.
* Most swelling, bruising and soreness is gone within 6-8 weeks.
* Return to strenuous activities in 8 weeks.
* Final bra size can be determined within 10 to 12 weeks.
* The scar will continue to fade for up to 2 years.
* Certain types of bras are not recommended until at least 6 months after surgery. Check with your surgeon on what type of bra to purchase. After you are cleared to do so, you may wear the bra of your choice.

**Call the office if you experience**

* Severe pain not responding to pain medications.
* Excess swelling or swelling that is greater on one side than the other.
* A bright red spot on the bandage which continues to enlarge.
* Incisions that appear to be opening or becoming very red, hot to the touch or containing pus.
* You notice any signs of increasing firmness of one or both breasts
* If you had a nipple graft, notify the surgeon if the graft is becoming darker in color.
* A fever above 101 Fahrenheit.

**Call the office at (703) 255-4922. AFTER HOURS you may reach Dr. Yousefi at 703-969-0637**

**For Emergencies Call 911**