



Renaissance Clinique

Beauty through Art, Science & Technology

Breast reduction post-operative instructions

1. After getting home, continue resting comfortably for the next 24 hours. You may sleep in any position you feel comfortable in.
2. Apply ice to your breasts during the first 24 hours after surgery to help reduce swelling. You may resume normal activities as tolerated 24 hours after surgery. You may resume all exercise whenever you feel comfortable to do so.
3. If you experience pain, please take your prescribed pain medication as directed. This medication should be taken with food to prevent nausea. Extra strength Tylenol (Acetaminophen) may be taken in the place of your prescription.
4. If you were discharged on an oral antibiotic, please take as prescribed by your doctor.
5. If you were on the Vita Medica supplement plan you may resume after getting home. No other medication should be taken for the first 10 days after surgery. Avoid alcohol while taking any medications.
6. Call your doctors office immediately if you experience any of the following symptoms: Temperature above 101.8°F, shakes and chills, severe unrelieved pain, or bright red blood from the incision site or sudden onset of significant swelling of one or both breasts.
7. Drink plenty of fluids. It is easy to become dehydrated after surgery. Dehydration may cause nausea and dizziness.
8. A surgical bra and gauze has been placed on you. You are to keep the surgical site clean and dry with the bra and gauze in place until you are seen for your first post-operative visit the 24 hours after surgery. If you do not have an appointment the following day, you may remove the bra and gauze yourself the day after surgery.
9. You may shower 24 hours after surgery using a mild, gentle soap over the incision site. Be sure to carefully pat the area dry with a soft clean towel. Sutures along the incision site are inside and self-absorbing. You may see sutures coming out of your skin, this is normal. Steri-strips (tape) provide additional support over the incisions. These Steri-Strips can get wet and will eventually fall off by themselves. Again, pat the areas dry then put your surgical bra on again. Your doctor or nurse will explain further care of the surgical site to you upon your first post-operative visit. Do not scrub area.



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10. You can expect edema (swelling) and ecchymosis (bruising) of the surgical area post-operatively. The amount of edema and ecchymosis varies with each individual.

11. It is normal to have some drainage of fluid from the incisions for several weeks. The color may range from red to yellow. This is a normal occurrence.

12. Please avoid all forms of nicotine two weeks before and after surgery. Nicotine is a vasoconstrictor and may increase risks of unnecessary post-operative complications. In general, be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.

13. Do not be alarmed if there are slight differences between your breasts with regard to size, shape, sensitivity of other characteristics. It may take several weeks to months to completely even out. These are usually the result of swelling and activity differences between each side.

14. Avoid direct sun exposure to your breasts for several weeks after surgery.

15. Be aware that smoking or the use of unauthorized medications can lead to complications and jeopardize the results of your surgery.