

POSTOPERATIVE CARE-OUTPATIENT SURGERY BREAST REDUCTION

- **Your first 24 hours**

Someone should stay overnight with you.

- **Sleep**

For at least the first week after surgery, try to sleep on your back, instead of your side. Two pillows to elevate and support both your head and your back will help to keep the swelling down. (It is more important for you to sleep than to rigidly adhere to this suggestion.)

- **Dressings**

You will be placed in a surgical bra, which you should wear day and night for 4 weeks after surgery to enable you to heal faster. The drains are usually removed the day after surgery.

- **Drains**

One drain will probably be placed in each breast at the time of surgery, and it will be brought out through the end of the incision under the arm. These drains evacuate the fluid that accumulates after surgery and enable you to heal faster. These drains are usually removed the day after surgery or on the first post operative visit.

- **Sutures**

Most sutures will be below the skin and will therefore dissolve over time. Other sutures will be removed in 7-10 days after.

- **Sun Exposure**

If fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take extra care and precautions if the area operated on is slightly numb---you might not "feel" sunburn developing!

- **Showering and Bathing**

You may shower or sponge bath once you are home.

- **Diet**

If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, let us know as soon as possible. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.

- **Smoking**

Smoking reduces capillary flow in your skin. We advise you not to smoke at all for the first 2 weeks before surgery or 2 weeks after.

- **Alcohol**

Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

- **Driving**

Please do not drive for at least 3 days after general anesthesia or intravenous sedation or while taking prescription pain medication.

- **Activities**

You may perform ordinary household chores after 3 days. No heavy lifting or major cleaning.

- **Finally**

If you have excessive bleeding or pain, call the office at 859-254-5665, day or night.