

# RUSSELL B. STOKES, MD

A Medical Corporation

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## POST-OPERATIVE INSTRUCTIONS FOR BREAST REDUCTION / LIFT

1. Go home to bed. Up to BATHROOM ONLY with assistance for twenty four hours. KEEP QUIET!
2. Sleep on your BACK ONLY. Elevate your head and upper body on two pillows. If you do not usually sleep on your back put a pillow at each of your sides to remind you to stay on your back. A pillow under your knees is alright, and you can twist at your hips.
3. Your post-operative dressing is a support bra or ace wrap. You will also have dressings over the incisions inside the bra or ace wrap. DO NOT remove your dressings or bra. We will see you the following day after surgery and change the dressings for you if needed.
4. You may have drains for up to a week after your surgery. We will remove them when the drainage has stopped or become minimal. You will be shown how to empty and strip them as necessary. Correct stripping of the drains is **extremely** important in your post-op care.
5. You will need to take baths for the first three days after your surgery. Leave your bra on at all times during these days. DO NOT get your bra or dressing wet. After the third day post-operatively you can remove your bra and shower. Put your bra back on for support immediately after showering.
6. You are to wear your support bra day and night for 2 weeks post-operatively. You must wear the support bra provided or one of equivalent support for 6 weeks after your surgery. The bra must be worn during the day and especially when active or exercising. Avoid wearing an underwire bra for six weeks after your surgery.
7. Avoid strenuous exercise, reaching, lifting of things over twenty five pounds, etc. until advised by your Doctor. Avoid over heated rooms and direct sunlight. This will cause more swelling
8. It is normal to have swelling & bruising following surgery. Swelling builds for the first 72 hours and then begins to decrease. This will be the most uncomfortable period and then should resolve. The bra may feel tight at first, but should feel better as the swelling decreases. Pain is a normal occurrence after surgery. Everyone's pain tolerance varies and you will most likely experience some amount of pain. **If you have excessive pain, swelling or bleeding please call the office (805) 687-0080**
9. Mild constipation may occur due to changes in eating habits & medications. Use Colace or Phillips Milk of Magnesia to resolve this if necessary. Heartburn is also common after surgery. Mylanta is effective at controlling this.
10. We will remove your stitches around the areola for you 7-10 days after your surgery. The rest of the sutures will be removed 10 days to 2 weeks after your surgery, or will dissolve on their own.
11. Many patients experience some wound separation under the breasts. This is treated with daily showering, cleansing with shampoo, and applying a thin layer of antibiotic ointment (polysporin, bacitracin or triple antibiotic ointment) then a band-aid

**I have read, understand and agree to follow these instructions.**

signature

date