
What to expect after a breast reduction:

- Your breasts will be significantly smaller, but will be swollen for 4-6 weeks. You may have some bruising.
- You can expect to be uncomfortable for 7-10 days. You will receive a prescription for oxycodone with acetaminophen. Most patients do not need narcotics after the first three days. If your pain is not severe, you can take Acetaminophen (Tylenol) or Ibuprofen(Advil/Motrin). Wait for 48 hours after surgery to take Ibuprofen.
- Take all medicine with food. Take Miralax if narcotics cause any constipation.
- You will be given a support bra at the hospital.
- You will have stitches that are dissolvable. You will also have tapes around the areola and down the front of your breasts and underneath your breasts. We will take them off and replace them in 2-3 weeks. The tapes help to form nicer scars.

Discharge Instructions:

- Leave support bra and dressings in place until we see you for your first follow up visit
- Your first follow up visit will be between 3-5 days after the surgery
- After the first follow up visit, you can shower normally. Do not immerse your chest in water.
- Before the first visit, you can bathe in a tub, keeping your chest dry and bra on or sponge bathe.
- Do not lift anything heavier than a gallon of milk for one month.
- Do not raise your arms higher than your shoulders to lift or reach for objects.
- No strenuous exercise for 4 weeks. Walking is fine and encouraged. No upper body exercise for 1 month.
- You must wear the surgical support bra or a sports bra day and night for 1 month. No underwire bras for one month.
- Do not sleep on your stomach for one month. Side sleeping is ok.

Please call the office or nurse practitioner (347-502-1439)if...

- You have a fever greater than 100.5.
- You seem to be bleeding and it won't stop. A little bit of blood on the tapes or dressing is fine.
- You have swelling or a lump that is growing, or you have a lot more swelling on one side.
- You feel an uncomfortable amount of fullness or pressure, especially on one side.
- You notice a funny odor, or yellow, pus- like discharge.