

HEARTLAND PLASTIC —| & HAND SURGERY |—

DAVID M. DEISHER, M.D.

INSTRUCTIONS FOLLOWING YOUR BREAST REDUCTION

ALWAYS WASH HANDS THOROUGHLY BEFORE TOUCHING OR CARING FOR SURGICAL SITE

1. If you were placed in an Ace Wrap at the time of surgery, please leave this initial dressing on until your first office visit, at which time we will change the dressing for you.
2. You will need to wear a surgical bra or exercise stretch bra day and night until completely healed. You may need to try on several different styles until one is comfortable for you. Absolutely no underwire in the bra.
3. Expect drainage from the drain sites and around the incisions. You may use some gauze pads or maxi pads inside the bra to absorb the drainage until this stops.
4. You may begin to shower daily and change the dressing daily 2 days after surgery, or after your first office visit. You may begin to shower daily after. However, no soaking in baths, hot tubs, whirlpools, or swimming until given permission by myself.
5. Take the antibiotics as directed and pain medicine as needed. If your pain is not overwhelming, you may try Tylenol or ES Tylenol. One of the side effects of the pain medicine is constipation. You may take a laxative if needed.
6. **DO NOT TAKE ANY ASPIRIN CONTAINING COMPOUNDS OR ANTI-INFLAMMATORIES UNTIL INSTRUCTED TO RESTART THEM BY YOUR PHYSICIAN. This can increase the risk of bleeding.**
7. Absolutely no exercise, working out, or strenuous activities until given permission. This is usually around three weeks after surgery.
8. You may begin driving when comfortable.
9. You may return to work when comfortable. You may want to consider starting with half days until your stamina returns.
10. Over the first several weeks some areas of wound separation may occur, especially under the breasts where the vertical and horizontal incisions meet. This will be accompanied by a slight reddish/yellow drainage. Keep these areas clean and apply antibiotic ointment twice a day. These areas usually heal without complications. If there are any questions, please do not hesitate to contact the office.
11. **SIGNS AND SYMPTOMS TO REPORT TO YOUR DOCTOR:**
 - a. Temperature over 101 degrees Fahrenheit
 - b. Any increasing redness or swelling of the breasts
 - a. Sudden chest pain or shortness of breath
 - b. Any unusual symptoms