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## Post-Operative Instructions After Breast Reduction

- ☞ Take your medications as prescribed.
- ☞ Drink plenty of fluids and try to maintain a high fiber diet.
- ☞ Avoid strenuous activities until you have cleared it with your surgeon.
- ☞ Call your surgeon if you develop a fever higher than 101.5, chills, nausea and vomiting or dizziness.
- ☞ Call your physician if the site of your surgery becomes significantly red and/or swollen.
- ☞ Do not take any Aspirin or Motrin or medication containing aspirin or Motrin for 2 weeks after your surgery, unless instructed by your surgeon.
- ☞ Ambulate several times a day to promote the circulation in your legs.
- ☞ If your calves become painful or you have significant swelling in your legs, please notify our office.
- ☞ Do not drive while taking narcotic pain medication or experiencing significant pain. When you drive you should be able to react to unforeseeable situations without hesitation.
- ☞ Call our office at 860-722-9544 to schedule your follow-up appointment.
- ☞ If you have one or more drains;
  - Empty the drains as often as needed to maintain a vacuum at all times.
  - Record the amount of fluid in each drain separately.
  - Strip the drain tubing a few times a day or as needed to clear it of blood clots.
- ☞ You may notice significant swelling and bruising of the breasts.
- ☞ You may take a shower 48 hours after your surgery.
- ☞ You should wear a soft sport bra after 48 hours.
- ☞ You may use dry gauze over the incisions if there is any drainage.
- ☞ Contact us if you notice significant one-sided swelling or pain.