



Post Op Instructions for Breast Reduction or Lift

- Ok to shower 48 hrs after surgery.
- Leave all tapes and steri strips in place.
- Ok to remove the gauze pads (4x4's) 24hrs after surgery. Leave the tape underneath the gauze in place.
- You may have a small amount of oozing from the incisions for the first few days. This is normal.
- If one breast becomes significantly larger than the other one or you have dramatically increased pain in one breast you need to notify Dr Pearce's office. You may have developed a hematoma that needs drained.
- Do Not apply a heating pad or ice pack to your breasts for longer than 10 minutes every 2 hours. After surgery you will have decreased sensation and heat/ice can result in a burn/frost bite without you feeling it. Never place a heating pad/ice pack directly on your bare skin. Wrap it in a towel or wash cloth.
- Avoid any direct or excessive pressure on the breast/nipple. You do not need to wear a bra but you can wear a surgical bra or a soft/loose sports bra if you want to. (Remember that your breasts will be larger after surgery, your old sports bras may not fit anymore). No underwire bras or pushup bras for at least 6 weeks post operative.
- No heavy lifting (>15lbs) for one week. Avoid any activity that causes pain.
- Move your arms as usual. You may gently move your arms over your head and maintain their full range of motion. You may comb and blow dry your hair, brush your teeth, etc.
- You should try to sleep/rest with your head and chest slightly elevated above the level of your lower body to help decrease swelling for the first few days after surgery. This can be accomplished with a few pillows.
- No strenuous physical activity until cleared by Dr. Pearce.
- It is normal to feel tired and sore for the first 2-3 days after surgery.
- It will take 2-3 weeks for the breast to soften and feel more natural.
- Take your pain medication with food. This can be with as little as a few crackers. This will help prevent nausea.
- Be sure to drink plenty of fluids after surgery. It is important that you stay well hydrated.
- Pain medications can cause constipation. You can take a gentle over the counter laxative (Milk of Magnesia, Colace, or Dulcolax) if you feel constipated.
- Smoking causes multiple wound healing complications. It is very important that you do not smoke and you are not around people that smoke for at least 6 weeks after surgery. Second hand smoke is just as harmful as if you were to smoke.
- You can resume driving when you are off all pain medications, have full range of motion of your arms, and feel safe to react quickly in an emerge



- Be sure to walk at least three times daily. This can be broken up in multiple short trips. It is OK and recommended that you walk more than the minimum of 300 yards. This will help prevent Deep Vein Thrombosis (DVT's/Blood Clots) and Pulmonary Embolisms (PE's).
- Dr. Pearce will let you know when to begin breast massaging (usually at around 1-2 weeks)
- No underwire bras or pushup bras until cleared by Dr. Pearce (usually 6 weeks)

Call the office immediately if you have:

- A high fever (over 101F), severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions.
- If one breast quickly becomes larger than the other or bruising is localized to one breast or region of the chest