# Breast Reduction
## Care After Surgery

Please read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, call your caregiver.

### ACTIVITY
- Do not lift more than 5 pounds with one arm, or 10 pounds with both arms, for 1 month.
- Do not sleep on your stomach for 4 to 6 weeks.
- No vigorous exercise such as bouncing, aerobics, jumping, etc., for 6 weeks.
- Walking is not restricted.
- No driving while you are taking prescription pain medication.
- Avoid prolonged sun exposure.
- Wear a bra 24 hours a day for one month (may remove to bathe) unless otherwise instructed.
- **No underwire bras.**

### NUTRITION
You may slowly go back to your normal diet. Start with a light meal and increase as comfortable.

### HYGIENE
- You may shower 24 hours after your drains are removed **UNLESS** instructed differently by your caregiver.

### PAIN CONTROL
- Discomfort is normal after breast reduction surgery.
- Take your pain medication as prescribed.
- If pain is not relieved by your prescribed pain medication, call your caregiver.

### INCISION CARE
- Yellowish, clear, or slightly bloody drainage from your incisions is normal.
- Incisions are usually pink and raised for 12 to 18 months following surgery. These will gradually fade.
- Occasionally, “crusting” occurs, usually under the breast. This small skin loss is fairly normal and can be managed with an antibiotic ointment. Apply ointment as instructed by your caregiver.

### SEEK IMMEDIATE MEDICAL CARE IF:
- You have an oral temperature above 102° F (38.9° C), not controlled by medicine.
- You notice drainage from the incision that smells foul.
- You have persistent pain.
- You have persistent bleeding from the incision, or nipple discharge.
- You develop increased swelling or swelling that is greater in one breast than in the other.

### MAKE SURE YOU:
- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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