

Breast Reduction

Post-Operative Instructions

Dr. Christopher Ewart

Activity:

For the first 24 hours, rest is absolutely necessary. You can sleep with a couple pillows behind your head for the first couple days to help with swelling. You will need to move about the house to promote circulation, for example, getting up to go to the restroom or kitchen every couple of hours.

Dressing:

You will be in a compression bra after surgery with gauze and other dressings underneath. It is important to wear the compression bra most of the time, as it will help with swelling and bruising. However, it does not have to be worn 24/7. It is ok to take 1-2 hour breaks in between wearing the compression bra to let your skin air out. Check your skin daily for any signs of irritation or indentations. This can mean that the bra is on too tight and needs to be loosened.

Bathing:

You can shower in 48 hours. You can remove the compression bra at this time and wash it. You can also remove the gauze and dressings underneath. There will be steri-strips lining the incision that we want you to keep on for about 2 weeks after surgery. In the shower, let soapy water run down your incisions, but do not rub the incision. You can pat the incision dry after this.

Post-operative Office Visits:

Your first appointment will be in 1-2 weeks after surgery. You will be instructed to wear a sports bra for about 4 weeks after surgery.

Driving:

You can drive once you have stopped your pain medication and feel comfortable moving your arms.

Exercise:

During your first post-operative week, activity should be kept to a minimum with no heavy lifting, pushing or pulling. After that time, you should be able to return to desk-type work. You may begin light exercise at 3 weeks, for example, walking on the treadmill or riding a stationary bike. 6 weeks is considered our no restrictions period.

Complications:

It is not uncommon to feel tightness in your chest after your surgery. This is partly due to the bandages as well as your surgery. Should you feel like you are having breathing difficulties, please call us. Expect to have some bloody drainage on your dressing. Should you notice any bright red blood that appears fresh, please contact us immediately. Foul smelling drainage, fever and/or chills or an excessively swollen or tight breast are also reasons to call us.

If you have any questions or concerns during your recovery,
please contact the office at 706-724-5611.