

## BREAST REDUCTION POSTOPERATIVE INSTRUCTIONS

*PLEASE NOTE: THESE INSTRUCTIONS ARE TO BE FOLLOWED AS A GENERAL GUIDELINE. DR. WARNOCK WILL DISCUSS ANY CHANGES TO THESE INSTRUCTIONS WITH YOU. IF YOU HAVE ANY PROBLEMS, QUESTIONS, OR WORRIES PLEASE FEEL FREE TO CALL THE OFFICE (571-2020). THE OFFICE IS OPEN FROM 9:00AM TO 5:00PM MONDAY THROUGH FRIDAY. FOR AFTER HOURS, WEEKENDS OR HOLIDAYS DIAL THE OFFICE PHONE NUMBER AND THE ANSWERING SERVICE WILL CONTACT DR. WARNOCK*

1. Fill Prescriptions. Percocet, one or two every 4-6 hours, OR Lortab, one or two every 3-4 hours as needed for pain. Phenergan, one every 4-6 hours as needed for nausea, and Duricef two times daily for 7 days to guard against infection.
2. **DO NOT** take any aspirin or aspirin like medications (Ibuprofen, Advil, Motrin, Naprosyn, etc.) for at least two weeks after surgery. Aspirin can cause bleeding. If you have any questions concerning any medications, contact Dr. Warnock or his office. If you are taking any medications, please advise Dr. Warnock.
3. You will be placed in a surgical bra after surgery. This must be worn day and night for three weeks, except for showering. Dr. Warnock will remove the brown elastic tape and gauze bandages. Do not remove the Steri strips (small white tapes) that are over the incisions.
4. NO ice packs. This may constrict the blood flow and affect your healing.
5. Sponge bathe for the first two or three days. Showers are then permitted after dressings are removed. Be sure to dry all areas as well as possible.
6. Watch for active bleeding, extensive bruising or abnormal swelling or pain, particularly if one breast becomes much more swollen, discolored or painful than the other. Small differences in swelling and pain are commonly seen.
7. Start taking Vitamin E (400 units twice daily). Vitamin E is available at any pharmacy.
8. This surgery necessitates long incisions. Avoid stretching your scars by over-activity the first few weeks. Keep your arm movement to a minimum the first week. No exercising, lifting, heavy exertion, heavy housework, etc. for three weeks. Too much activity can cause excessive bleeding and/or swelling.
9. For the first three weeks avoid lying on your breasts.
10. Smoking causes wound healing problems. It is required that patients not smoke for two weeks following surgery.
11. Make a follow-up appointment either the day of surgery or the day following surgery so you will be seen within 3-4 days after surgery.