

Breast Reduction – Post Operative Instructions

Medications

- Please refer to your medication instruction guide for further details.

Activity Guidelines

- Walk early and frequently to promote circulation. Walk for 10 minutes every hour.
- Avoid strenuous activity/exercise and keep heart rate below 100 bpm for 6 weeks.
- Avoid lifting more than 10 pounds for the recommended recovery period.

Diet

- Begin with clear liquids and advance to a light diet as tolerated.
- Resume a normal high-protein diet as advised.

Incision Care

- Keep incisions clean and dry. Wash with soap and water. Cover with ABD pads and wear the bra.
- You can shower 48 hours after surgery.
- Steri-strips should remain in place until they fall off or are removed in the office.
- Avoid direct sun exposure to incisions for at least 6 months.

When to Call the Office

- Fever greater than 101°F.
- Severe or increasing pain not relieved by medication.
- Sudden asymmetrical swelling.
- Redness, warmth, drainage, or signs of infection.

Support Garment

- Wear surgical bra continuously for four weeks to support healing.

Arm Movement

- Avoid heavy lifting and strenuous upper body activity for four weeks.
- Sleep with a few pillows to reduce swelling.

Expected Recovery

- Swelling and temporary changes in nipple sensation are common.
- Final breast shape and scar maturation may take several months.
- You can return to work and drive in 1 week. You can go on road trips in 2 weeks and fly in 4 weeks.