

BREAST REDUCTION & LIFT

Post Operative Instructions

If your temperature reaches over 101 degrees or if there is any localized redness, swelling or drainage of the incision, call Vivian R.N. at 281-440-7797 ext 14. After 5:00pm on weekdays or weekends please call 281-537-3419.

1. Drains are placed in the breast at the time of surgery and are removed in approximately 3 days. After the drains are removed, reapply the dressing/sports bra and Velcro binder, until the 2nd post op visit. **Breast compression is absolutely necessary** for 3 weeks or longer.
2. Clean the incisions with hydrogen peroxide twice daily. You may shower (not tub bathe) 2 days following surgery. **Do not allow the incisions to be soaked with water.**
3. Please limit your activity for 3 to 4 weeks following surgery or according to Dr. Worthing's instructions.
4. Drink plenty of fluids and take all medication as directed.
5. **Do not take any ASPIRIN** containing medications as listed on the pre-op medication list for two weeks following surgery. When in doubt, please consult a pharmacist. Tylenol may be used as a substitute for discomfort.
6. Make an appointment to have sutures removed in 2 weeks.
7. Incisions will be very red for at least six months and then will gradually fade. Your breasts will continue to change and take shape for several months following surgery.

It is important that you understand and comply with these post-operative instructions

If you have any questions or concerns, please call Vivian R.N. at 281-440-7797 ext 14.

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