

Elevate Plastic Surgery

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Breast Reduction Post-operative Care

- **Bandages:**
 - Leave all bandages on for at least 3 days following surgery. After 3 days, you may remove your tensor bandage wrap and the padding. Do not remove any of the sticky dressings attached to your skin. These can get wet in the shower.
- **Bathing:**
 - In 72 hours, you may shower. No bath. Do not scrub or wash breasts. It is ok for the dressing to get wet, pat breasts dry after showering and put on your surgical bra.
- **Surgical bra**
 - **A supportive bra with no underwire that closes in the front is to be worn 24/7 for 6 weeks after surgery**
 - Please make sure you bring a surgical bra to your first post-operative appointment if your compression wrap is still on.
- **Activity:**
 - Sleep with the head of the bed elevated (prop pillows for elevation) for the first few days to minimize swelling and pain.
 - No heavy lifting, pushing, pulling, rigorous exercise for 4 weeks
 - You may remove your compression stockings the day after surgery if you are up and walking around.
- **Pain control:**
 - Keep on top of your pain by taking acetaminophen extra strength (1g every 6 hours) regularly for the first few days after surgery.
 - Take the prescribed narcotic only for breakthrough pain.
- **Scar management:**
 - Please wait until 3 weeks post-surgery before beginning scar treatment.
 - At 3 weeks post-op, place a dab of Vaseline (or any moisturizing cream or silicone gel) on the scar and apply firm pressure back and forth along the scar until it blanches.
 - Please do the scar massage for a minimum of 10 minutes, 3 times daily.

- Silicone gel sheets (e.g. Cicacare) or scar gel (eg. Cytoderma Advanced Scar Gel) may be placed on the scar itself.
- **Lymphatic Drainage Massage:**
 - Lymphatic drainage (LD) massage can be very helpful to aid in decreasing swelling, improving contour and decreasing pain. It is recommended to have 1-2 sessions/week for 4-6 weeks postop. Please arrange for an LD massage within 1 week postop if you are able.
- **Follow-ups:**
 - Appointments will be 1 week post-op, 4 weeks post-op, 3-4 months post-op.

*****If you notice a significant increase in the size in one of your breasts after surgery, with associated bruising and pain, you may have a breast hematoma. Call the office immediately or go to NYGH Emergency Department to be assessed.***

*****If you develop increased redness/swelling/pain around your breast, fever or chills, please go to your nearest Emergency Department for an assessment.***