



Breast Reduction Post Op Instructions

Breast Reduction

Position: For at least the first week after surgery, try to sleep on your back, instead of your side. Two pillows to elevate and support both your head and back will help to keep the swelling down. (It is more important for you to sleep than to rigidly adhere to this suggestion).

Dressings: At the time of surgery, gauze dressings and Ace wraps will be applied around the chest. These will be removed 3-4 days after surgery and will be replaced with a sports bra, which you should wear day and night for 2-3 weeks after surgery. (You may, of course, remove it for laundering and showering).

Drains: Occasionally, a drain may be placed in each breast at the time of surgery and it will be brought out through the end of the incision. These drains evacuate the fluid that accumulates after surgery and enables you to heal faster. When the drain is first put in place, the bulb at the end of each tube will be compressed to create gentle suction. As the fluid collects in the bulb, the bulb will slowly expand.

Drain Care: Secure the bulb of the drain to your dressings with a safety pin. Twice a day or whenever the bulb is half full, you should empty the bulb by opening the plug at the top and pouring out the contents. Do not attempt to remove the bulb from the tubing. Squeeze the bulb to recompress it and put the plug back into the hole at the top in order to maintain the vacuum. If the bulb fills rapidly after emptying it or you need to empty it more than three times a day, please call Dr. Zahir

Sutures: The sutures around the areola will be removed 5-7 days after surgery. The remaining sutures below the skin will stay in for 10-14 days.

Exposure to Sunlight: Scars take at least 1 year to fade completely. During this time, it is better that you protect them from the sun. Even through a bathing suit, a good deal of sunlight can reach the skin and cause damage. It is imperative that you wear a sunscreen with a skin protective factor (SPF) of at least 30 at all times when you are in the sunshine. Be extremely careful if areas of your breast skin have reduced sensitivity.

Showering: You may shower once the dressings are removed. Dry Steri-Strips after showering