



## POST-OP INSTRUCTIONS BREAST REDUCTION / BREAST LIFT

### Pain and Discomfort

Following the surgery you may feel some pain and discomfort, especially when you move or cough, but this is generally well controlled with pain medication. Some patients may experience nausea and vomiting after anesthesia. This usually lasts less than 24 hrs and should be treated with lots of fluids and rest.

### Pain Pump

You may have a local pain relief system that delivers numbing medicine automatically to your surgical site. The pump connects to a thin catheter which can be easily clipped to your clothing or can be carried in a small case. After the medicine is dispensed we will remove the pump in 2-5 days.

### Garment and Swelling

The bandages will be removed 2 to 3 days after surgery; however you should continue wearing the support bra for up to 4 weeks. Maximum swelling is usually seen at about 3-5 days. Most swelling and bruising will resolve within 2 weeks. Should there be any unusual swelling in the first 48 hours, meaning if one breast is more swollen and more painful than the other then you should contact the office. A small amount of fluid draining from your surgical wound, or some crusting, is normal. If you have any unusual symptoms, such as bleeding or severe pain, don't hesitate to call.

### Showers and Incision Care

You may have small drainage tubes, one in each breast. These are usually removed at the same time as the dressing. You may shower *the day after* the drains are removed. When taking a shower, remove your breast support but leave the small white tapes that cover your incision. These are called steri-strips, they can get wet but should not be removed. After your shower, gently towel yourself dry (do not rub the steri-strips) and then put your support bra back on. Do not submerge in a bath, pool or whirlpool for 2 weeks. The steri-strips fall off by themselves in 2 to 3 weeks. Dr. Polynice closes all incisions with internal, absorbable sutures; therefore sutures do not need to be removed after surgery.

### Activity and Exercise

You should start walking immediately after surgery. After the first week you can resume your normal daily activities but avoid heavy lifting or strenuous exercises. You may resume upper body training such as push-ups and weight lifting after 6 weeks. You should avoid sexual activity for a week, Also avoid anything but gentle contact with your breasts for about six weeks

**DON'T TAKE ANY CHANCES!** If you are concerned about anything you consider significant, please call the office at **518-786-7000**.

It is very important to keep all Post op appointments.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

*Alain Polynice, M.D*

Patient Name \_\_\_\_\_ MD \_\_\_\_\_

Relationship \_\_\_\_\_

Nurse \_\_\_\_\_