



PLASTIC SURGERY, PLLC

Steve Lee, M.D., F.A.C.S.

BREAST REDUCTION INSTRUCTIONS

(IN ADDITION TO THE GENERAL INSTRUCTIONS)

PRE-OPERATIVE INSTRUCTIONS

- NO smoking at least 2 weeks prior to surgery.
- NO ASPIRIN or aspirin-containing products.
- Please have your prescriptions filled prior to surgery.
- Obtain a full-coverage brassiere that fastens in the front and does NOT have underwire.

POST-OPERATIVE INSTRUCTIONS

- NO sleeping on your side or your chest.
- Apply ice packs to the breast and chest areas to reduce swelling for the first 48 hours.
- Do NOT take pain medication on an empty stomach, this can increase nausea.
- Swelling is to be expected, and will maximize by 48 hours.
- Avoid water pressure directly on the breast area when showering.
- Do NOT engage in strenuous exercise and vigorous aerobic activity for 4-6 weeks. Walking and gentle exercise is permitted.
- Sutures will dissolve on their own. Steri-strip (tape) dressings on the incisions will fall off after repeated bathing (may take several weeks).
- If drains have been placed, measure the output total over 24 hour increments. For detailed instructions, please look our drain care instructions.
- NO driving allowed until instructed by your physician.

NOTIFY THE OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **One breast is larger than the other.**
- **If you develop a temperature above 101.5° F.**
- **If you develop redness (like a sunburn) on your breast.**

PLEASE CALL THE OFFICE AT 718-395-8118 IF YOU HAVE ANY QUESTIONS OR PROBLEMS.