



## Facial, Plastic & Reconstructive Surgery

### **Bilateral Breast Reduction Post-Operative Instructions**

#### **Please follow the General Instructions provided. In Addition:**

- Do not disturb the dressing for the first 2 days. Keep it clean and dry. All dressings except Steri-Strips may be removed 48 hours after surgery. You may shower once the dressings are removed.
- If we provide a surgical bra, wear the bra we provide at the time of surgery 24 hours a day for the first 6 weeks. You can remove the bra for showering and laundering. After 6 weeks, any supportive bra without underwire is fine.
- Elevate head and shoulders with 2-3 pillows while resting/sleeping.
- Drains, if placed, will remain in place until drainage output is <30mL for 2 consecutive days.
- No underwire bras for 3 months.
- Your sutures are dissolvable.
- Take your prescribed pain medication as directed. To prevent constipation, consider taking an over-the-counter stool softener.

#### **Showering after surgery:**

- Shower 2 days after your surgery, then daily. Please have an adult with you for the first shower for safety.
- Remove your garments and all outer bandages (gauze, tape, etc.). Leave the Steri-Strips in place. These are the small pieces of tape directly on your incisions. They will fall off as you shower over the next couple of weeks.
- Use soap and water as normal—do not let the water beat directly on your incisions. Rinse well and pat dry.
- Do not soak in a bathtub until given the okay by your surgeon.
- Apply light bandages with the supplies provided after your first 2-3 showers. You do not need to cover your incisions after a few days if there is no drainage, but you may if it is more comfortable.
- Apply antibiotic ointment to drain sites 2 times daily, if appropriate.