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Postoperative Instructions after Breast reduction / lift surgery

- Take medicines regularly as advised.
- Have someone stay with you at all times during first 24 hours if you are not in the hospital. Person should be able to reach Dr. Priti in case of any emergency.
- Pain and swelling of the breasts is usual after surgery. This will be tolerable and well controlled with regular pain medications. Inform Dr. Priti in case of any unusual pain/ swelling, fevers above 100 degrees F, bleeding, pus discharge.
- In case of fever, record the temperature with thermometer every 4 hours.
- Sore throat after surgery is common if general anaesthesia was given and a tube was put in your throat for breathing. Use salt water gargles thrice a day, strepsils tablets and sip warm liquids. Avoid chilled drinks.
- **Back ache** may develop following surgery due to your position on operation table. Take pain killer tablets, stretch the body part and have someone massage the back. Warm water bag may be applied to back but not to the breast.
- Getting up from the bed may be difficult. Keep 3-4 pillows under your back to help getting up.
- **Bath:** Sponge bath from day one after surgery- keeping the dressings dry. You can have shower usually 4 days after surgery as advised . Do not sit in bathtub. Use lukewarm tap water and savlon soap. Let the dressing soak in water so that they come off easily.

- **Dressing:** After bath dry yourself with fresh towel gently, put the antibiotic ointment on the stitches liberally and put STERIPADS(10 cm) available in medical shop. You can also fix the pad with MICROPORE(3M) paper tape if necessary or simply tuck it inside the garment or bra.
- To have some blood stain on the dressing pads is nothing to worry about. In case of doubt consult doctor.
- **Pain:** During first week after surgery full dose of pain killers is necessary as advised. You can take the tablet every 8 hourly. Never take the tablet on empty stomach. Missing the tablet can increase the pain. After a week when you start reducing the dose and become more active you may have pain again, so keep extra tablets ready for use whenever it is needed. Internal healing goes on during first 3 months after surgery so occasional pain and swelling can happen. Pain tolerance capacity also varies from person to person. Listen to your body and exert only as much as your body can tolerate.
- **Garment:** Wear bra as advised for 6 weeks day and night.
- **New clothes:** Wait for at least a month for swelling to go down before buying new clothes.
- **Exercise:** No exercise for 2 weeks, walking after 2 weeks, treadmill after 6 weeks, swimming / weights-8 weeks. Wear a good support bra while exercising. Listen to your body because healing varies from person to person.
- **Travel** is usually possible after a week or two on your doctor's advice.
- **Complications:** If minor problems in healing, prolonged swelling etc occur, do not panic. Usually such complications do not interfere with your work or daily activities. Take healthy diet and allow the natural healing process to work efficiently. See Dr. Priti regularly as advised.
- **Results:** First one month is not a good time to evaluate surgical outcome. True results can be appreciated only after the swelling

goes down completely, usually in 3 months. Therefore do not keep looking into the mirror too often or keep thinking about your breast size and shape.

- **Anxiety or depression:** Some anxiety or depression is not unusual after any surgery. Keep positive attitude and have someone close by your side. Take your doctors help if these measures do not work.
- **Contacting the doctor:** Dr. Priti is always available in case of any problem.
- **Postoperative follow up:** Follow up visits are usually at 48 hours, 1 wk, 1 month and 3 months, 6 months and one year. These visits are important for detecting any problems and treating them early. This helps in maintaining your results of surgery and faster improvement in scars. You are not charged for these visits.