

# Western Avenue Day Surgery Center

244 Western Avenue  
South Portland, Maine 04106-2496  
Telephone (207) 775-3446

<p><b>Postoperative Instructions for BREAST REDUCTION</b></p>
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**ACTIVITY:**

**DAY OF SURGERY**

- Keep activities to a minimum (preferably, have someone assist you to the bathroom).

**FIRST WEEK:**

- You may gradually increase your activity to a comfortable level. Generally, the earlier you resume activity the shorter your recovery time, but do not overdo. You will want to limit your activity significantly for the first week.
- Shallow tub baths may be taken, until permitted to shower.
- You may shower in \_\_\_\_\_ days.
- Avoid sports and other strenuous activities for 4 weeks.
- Minimize use of your arms – no heavy lifting, pushing or pulling.
- No driving until permitted by physician.

**MEDICATION & COMFORT:**

- **Take pain medications with food**, following instructions on bottle. For the first day or two, have someone else give you medication according to correct time intervals, as you might forget and take it too often. **No alcohol** while on pain medication.
- Pain medication may cause drowsiness and constipation.
- Please remember that refills will only be considered during office hours, 9 a.m. to 5 p.m. Monday through Friday. If you feel you need more pain medicine, please call during these times.

**DIET:**

- Light foods initially and advance diet as tolerated. Drink lots of liquids.

**THERAPY:**

- Cough and deep breathe every hour while awake for 2 days.
- For mild fever (less than 100° F) increase frequency of coughing & deep breathing.
- Leave compression bra on until you see your doctor, usually for a total of 2 weeks.

**YOU CAN EXPECT:**

- Moderate discomfort.
- Some drainage on dressing. Apply bandages between bra and tube gauze to absorb drainage and protect clothing.
- If you have bulb drainage, refer to drain form for guidelines.
- Drainage may be temporary increase after activity (walking, vomiting)

Call the office **(775-3446)** if you have:

- Severe pain not responding to medication.
- Fever greater than 100°F
- More swelling on one side than the other.
- Large spots of drainage that continue to soak through additional bandages.
- Any other question or problem.

**OTHER:**

- No smoking for at least 48 hours after surgery, to prevent possible bleeding and delayed healing.

I have received the above instructions. Signature *X* \_\_\_\_\_

Relationship to patient \_\_\_\_\_ Date \_\_\_\_\_

Next appointment:

Pain medication:

Next dose due: