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POST-OPERATIVE INSTRUCTIONS FOR BREAST REDUCTION AND LIPOSUCTION

1. Take it easy the first day you get home from the hospital. You may get up to use the bathroom as needed. Wiggle your toes and feet to prevent blood clots in your legs.
2. Continue taking antibiotics as prescribed.
3. Take any pain medication as directed. Remember not to take medication that may increase bleeding or bruising.
4. Begin eating light meals and progress to a regular diet as tolerated.
5. If you have drains: strip, empty, and record the output every 6 hours and as needed if half full. Refer to drain instruction sheet given to you. This can also be found on our website.
6. Do not take a shower until 48 hours after the drains come out. Keep the incision sites clean and dry. You may shower 24 hours after your surgery if drains were not placed, but make sure you pat the incision sites dry and do not rub or pull at them with your towel.
7. You should expect some blood tinged drainage from the incision sites- this is normal. I inject twice as much fluid compared to what is removed. Please sleep on a towel the first night.
8. Please call the office if you develop any of the following symptoms: *redness, swelling, severe pain, cloudy drainage, shortness of breath, or dizziness*.
9. You may adjust the ACE wrap or bra for your comfort.
10. No baths or hot tubs for at least one week or until the drains are removed.
11. For the first two weeks after surgery you need to avoid any activity that will raise your blood pressure or pulse and avoid lifting heavy objects (anything heavier than a gallon of milk).