

Cosmetic Surgery Associates of New York

BREAST REDUCTION/BREAST LIFT POSTOPERATIVE INSTRUCTIONS

Below are general guidelines for patients undergoing breast reduction and breast lift surgery. Each patient is different and each procedure is unique to that patient. All aspects of your postoperative care will be discussed with you and modified to your particular case.

- 1) Please have someone available to drive you home from the office and remain with you the first night after surgery. **You do not need medical care, only "TLC."**
- 2) After surgery, you will have dressings across the incision sites covered with a surgical bra (a soft bra without an under wire). Patients who have had large breast reductions may have drains for 24-48 hours.
- 3) You may shower the night after your surgery or once your drains are removed (usually 24-48 hours). After you shower, replace the gauze and the surgical bra. The steristrips (white tapes) over your incisions can get wet and will fall off when they are ready. **DO not remove them.** Further care will be discussed at your first postoperative visit.
- 4) Although you have prescription pain medication, you may only need regular Tylenol. Try it first. If your stomach becomes irritated or upset, stop the medication. You may take Dramamine® (no prescription needed) to help any nausea. If you take much of the medicine, anticipate some constipation and counter this by eating fruits and prunes.
- 5) Drink plenty of fluids. It is easy to become dehydrated after surgery.
- 6) **You can drive yourself when you feel it's safe and comfortable.** If you feel a little stiff, you may have difficulty doing the things you need to do when driving. Play it safe and use your own judgment. You cannot drive if you require pain medications other than Tylenol.
- 7) Avoid direct sun exposure to your breasts after surgery. Do not use cold or warm compresses directly on your breasts.
- 8) **It is most important that you do not smoke or wear a nicotine patch for at least 3 weeks before and after surgery. Severe scarring may result from failure to observe this precaution.**
- 9) **Any type of plastic surgery will leave permanent scars. All scars will be present for your lifetime no matter how precise the skin closure is performed during surgery. It is important to realize that all scars are permanent and their final appearance are not predictable in advance.**
- 10) **Call immediately if you experience any of the following: Fever > 101.0, shakes and chills, severe unrelieved pain, bright red blood from the incision site or sudden onset of significant swelling.**

**FOR ROUTINE QUESTIONS, CALL THE OFFICE WEEKDAYS BETWEEN
9 AND 5. FOR AN EMERGENCY, TELEPHONE ANYTIME, 914-761-8667**