

**VICTOR K. AU, MD**

**Breast Lift or Breast Reduction Postop Instructions**

- 1) **ACTIVITY** When you get home, avoid getting up too quickly to prevent lightheadedness or fainting spells. We recommend moving around and getting active as soon as the anesthetics have worn off to reduce the risk of deep vein thrombosis of the legs, which can lead to problems such as pulmonary embolism. You may gently move your arms around in a circular motion, but do no repetitive motions in the first week where you hold things over your head. Do nothing strenuous the first week and avoid pectoral and upper body muscle exercises in the first 2 weeks. You may work your way back to exercising over the course of 2 to 4 weeks after surgery. Light jogging at 2 weeks, starting slowly is permissible.
- 2) **BRAS** You may wear any bra without an underwire after 2 to 3 days, but you need some support most of the time for the first 4 weeks. Underwire bras may be worn after 6 weeks.
- 3) **FOOD** For the first few meals it is best to avoid heavy foods or solids. Take fluids to avoid dehydration.
- 4) **MEDS** Your prescriptions for pain medicine and an antibiotic have been written for you. Do not take any aspirin-containing medications, Motrin, Aleve, similar medications or herbals as listed on the sheet given to you. These can cause bleeding. You can take Tylenol, but then you cannot take the prescribed pain medication as it also has Tylenol mixed in with a narcotic. The narcotic can cause drowsiness so you cannot then drink alcohol, drive a car or operate machinery for at least 4 hours after taking it. The nausea medicine is a rectal suppository to be used in case of nausea.
- 5) **SMOKING** Smoking or exposure to cigarette smoke or tobacco products (gum, patches, chewing tobacco) can be harmful to the healing process and can lead to skin loss or worse. It is permissible for breast augmentation done without a lift, but discouraged. It is **NOT** permissible with any lift or tuck.
- 6) **POSTOP CARE** For the first day or so you can use ice packs on the operated areas to reduce swelling or pain. They should not be in contact with the bare skin.
- 7) **DRESSINGS AND WOUND CARE** Replace the dressings on the wounds as often as necessary if there is drainage, or daily. After the first day you can take off the dressings and take a bath or shower. You can apply a small amount of Polysporin ointment (if it does not irritate your skin) to the wound edges. Let your bra hold the dressings on. Some drainage is expected on the dressings, but we don't expect to see large amounts of bleeding or massive swelling.
- 8) **MASSAGE** Massage is not advised for this procedure. Do not be alarmed that the breasts look somewhat unnatural at first. The breast tissue must stretch out to allow the breast to settle, and this does not happen overnight.
- 9) **PROBLEMS** Problems to look out for: fever over 102 degrees F, severe pain or redness along the wounds, pus drainage, sudden massive swelling and shortness of breath. Please give us a call at the office if you have any problems or ask to speak directly with Dr. Au.
- 10) **FOLLOWUP** The first post-op visit after you return home is at 5 to 7 days.