



## **BREAST REDUCTION/BREAST LIFT AFTER CARE INSTRUCTIONS**

1. After surgery, it is important for you to have someone available to stay with you for the first 24-28 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.
2. It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. Please take deep breaths frequently to keep your lungs clear (15-20 per hour.) Keep your head elevated about 30 degrees (two pillows) with the knees slightly flexed.
3. After surgery it is best to go to bed and elevate your head and shoulders on at least 2 pillows for the first 2-3 weeks.
4. A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.
5. Please take the pain medication only if you have pain. Take it with crackers, Jell-O, etc. You should need it the first 2-3 days after surgery every 3-4 hours. You will be given an anti-anxiety/muscle relaxant medication (Valium) that you may take as well to prevent aggravation of the pain cycle.
6. For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed.
7. Infrequently small drains are used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb about three times a day and the amount should be recorded on your drain log. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. Usually drains are removed 7-10 days after surgery.
8. In most cases, you will have a clear dressing over the incision that will make your incision water proof. You can shower over the dressing. This dressing will be removed from your incision sites typically at your 2 week postop. **NO SWIMMING OR SUBMERGING YOUR INCISIONS IN WATER FOR THE FIRST 6 WEEKS AFTER SURGERY.**
9. **DO NOT SMOKE or use any nicotine products (gum, e-cigarettes). This is very important as nicotine can slow down wound healing.**
10. You may shower 24 hours after surgery.
11. You should wear a sports bra or camisole for the first 4 weeks after surgery. Dr. Constantine will advise you when you may wear an underwire bra or go braless (usually 6 weeks after surgery.)
12. Strenuous activities and exercises are to be avoided until around 6 weeks after surgery (heart rate should stay below 100 beats per minute.) You may gradually resume normal daily activities after 48 hours being careful to avoid any activity that causes pain or discomfort. You may refer to our physical activity information sheet on our website for

more detailed information regarding what you can do and what you should not do following your procedure.

13. Driving may be resumed when a sharp turn of the steering wheel will not cause pain and you are no longer taking any narcotics or muscle relaxers; this is usually within 5-7 days.
14. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided and use a sunscreen with SPF of 30 with UVA and UVB protection for at least 6 months. The incision scars can be massaged with a moisturizing cream, vitamin E, or aloe vera cream starting 3 weeks after surgery. This will promote early softening and maturation of these areas.

## **WHAT TO EXPECT AFTER SURGERY**

- Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.
- Bruising and swelling are normal for 2-3 weeks. It will disappear over time.

### **Please note:**

**If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office.**

**If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Constantine immediately.**

**If you have major dental work or major surgery, please notify Dr. Constantine so he can prescribe a pre-operative medication to protect your implants from possible infection.**

## **IF YOU HAVE ANY ADDITIONAL QUESTIONS, PLEASE CALL OUR OFFICE ANYTIME**

If you need immediate care, please call Dr. Constantine. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office number 24 hrs a day, 7 days a week and you will be connected directly to me or a staff member who can address your concerns or questions.

*•Dr. Fadi Constantine, MD. •P: 214-739-5760 • 8220 Walnut Hill Ln, Suite 206. Dallas, TX*

*75231 •*

*www.constantineplasticsurgery.com*