

Reduction Mammoplasty (Breast Reduction) Postoperative Instructions

DIET

You may eat a normal diet. However, start with clear liquids and bland foods such as toast or crackers and advance to more normal food as tolerated.

ACTIVITY

No heavy lifting (more than 10 pounds) for 4 weeks.

Do not sleep on your stomach for 4 weeks.

No strenuous activity for 4 weeks. You may begin light exercise after 2 weeks.

WOUND CARE

Leave your dressing on. It will be removed on your first postoperative visit.

You may shower after the first postoperative visit. The incision can get wet; just towel pat the area dry. Cover suture lines with dry gauze. Do not pick at or attempt to remove the surgical glue from the incisions.

Your bra needs to be worn 24 hours a day for 6 weeks after surgery (except for bathing). Do not wear any underwire bras for 6 weeks.

If you have surgical drains in place, keep them supported (safety pin to clothes or a belt when showering) to avoid pulling them out accidentally. Clean drain sites with soap and water daily and dress with antibiotic ointment and gauze.

Empty drains twice daily and record the drainage (each drain individually). Bring record of drainage with you to your office visits.

Your sutures dissolve. However, suture stands at the ends of the incisions may be present. These will be trimmed at your postoperative visit.

MEDICATIONS

Take the pain medicine as prescribed. For the first 24 to 48 hours you will be more comfortable if the medicine is taken on a regular schedule rather than waiting long periods between doses.

WHAT TO REPORT TO YOUR DOCTOR

- Unusual or severe pain unrelieved by your medication.
- Excessive bleeding or continued bleeding not decreasing over time
- Excessive swelling and or redness of the surgery site
- Persistent vomiting, excessive breast swelling and pain
- Discomfort from a full bladder or have not urinated in 8 hours
- Temperature over 101° F

FOLLOW-UP APPOINTMENT

Your follow-up appointment with Dr. Mark Leyngold is scheduled for _____.

For any problems, concerns or questions, please CALL THE OFFICE at (208)900-4673 Follow the instructions for the doctor on call. If you feel your symptoms are an emergency, go to the Emergency Room closest to you or call 911.

Medications after surgery: Take as directed:

Prescription:

CELEBREX (Celecoxib) 200mg: One tab by mouth two times daily.

NEURONTIN (Gabapentin) 300mg: One tab by mouth three times daily.

Over the Counter:

TYLENOL (Acetaminophen) 1000mg: 1000mg by mouth every six hours.

IF pain is uncontrolled with the above medication:

Prescription:

OXYCODONE: 5mg : One tab by mouth every 6-8 hours as needed for breakthrough pain.

INSTRUCTIONS FOR SURGICAL DRAINS

- This is a special drain that prevents body fluid from collecting near the site of your surgery by pulling fluid by suction to the bulb.
- Initially, the fluid may appear bloody. As you heal, the fluid will change to light pink, light yellow, or clear.
- The drain will stay in place until less than 20cc of fluid is collected over 24 hours, two days in a row. Depending on the amount of drainage, the bulb will need to be emptied every 8-12 hours, or when the bulb is half full.

- Drains should be supported at all times, including showering, You may support them with safety pins, ribbon, or attached to a belt.

HOW TO EMPTY THE DRAIN:

- After washing your hands with soap and water, removed the plug from the bulb. The fluid should be measured using the marked levels on the bulb, the fluid should then be emptied.
- Clean the plug with alcohol, squeeze the bulb flat, and plug the bulb so a vacuum suction can be maintained.
- Record the output on your drain log.

HOW TO CARE FOR THE SKIN AND DRAIN SITE

- After washing your hands with soap and water, remove the dressing from around the drain.
- Cleanse the area with soap and water with a Q-tip or gauze.
- Once dry, re dress the site with clean dry gauze and surgical tape.

COMPLICATIONS AND SIGNS OF INFECTION TO REPORT:

- Should fluid leak from around the drain site, gently remove the gauze, cleanse the area, and re dress. Check that the drain is squeezed flat to create suction.
- If a clot appears within the drain, (it will appear as a dark string), the tubing should be stripped as instructed.
- Symptoms of possible infection include: increased redness, increased pain, increased swelling, foul smelling drainage, and temperature greater than 101°F.
- Symptoms of infection should be reported as soon as possible. Sudden filling of the drain with blood should also be reported.

For any further questions or concerns, please call the office at: (208)900-4673

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