

BREAST REDUCTION

PAIN CONTROL & ANTIBIOTICS

Keep your head elevated for the next two days. This will help reduce swelling and pain at the surgical site. The freezing will wear off in approximately 2-6 hours. Extra-strength Tylenol and ibuprofen (Advil) taken every 4 hours for the first 2 days relieves most people's pain. Then take as needed. Use the prescription painkillers as directed if you require additional pain control.

Take the full course of prescription antibiotics.

DRESSING CARE

If you have drains, take the full course of prescription antibiotics. The drains will be removed usually within the first 7-10 days. **DO NOT SHOWER UNTIL THE DRAINS ARE REMOVED.** Please keep careful track of the amount drained each day. Once the drains are out, it is okay to shower. If you do not have drains, wait two days to start showering. You can take off the outer dressing and shower over the little white tapes (steri-strips). Then pat them dry.

You do not need to place another bandage over the incision or wear any sort of halter top or bra unless you feel it is more comfortable.

If you notice an increase in swelling, redness, discharge, or pain greater than what you would expect, please contact the office or your family doctor, or go to the nearest emergency department.

FOLLOW-UP & RECOVERY

Call the office at 604-589-6021 today or tomorrow to make an appointment for 10-14 days from now.

Take it easy for the first 2-3 days then start to increase your mobility. Try to get up and walk as soon as possible. Drink plenty of fluids (juice, tea, water).

You should be able to do most office type activity within 10-14 days, though you may notice you are quick to tire. Try to avoid heavy lifting or pushing for the first 2 weeks. By the third week, increase your activity as tolerated. Going to the gym is okay but avoid bouncing activities such as jogging for the first month. Most people are back to normal within 6 weeks.



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