



Kavali  
Plastic Surgery

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## After Your Breast Reduction Surgery

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Congratulations! You have just undergone a delicate operation to give you smaller breasts and to hopefully relieve your back pain, neck pain, and shoulder pain. As you recover, you'll need to keep a few things in mind:

Your final shape and size will not actually be seen for about 2-3 months after the surgery. This is the time it takes for most of the swelling to resolve. As the swelling goes away, you'll notice that your breasts look less "boxy" and "wide" and "top-heavy" and more rounded and shapely. Be patient as this process takes place over the months following your surgery.

### **Driving:**

You can begin driving once you meet the following criteria:

1. You no longer need narcotic pain medicine. It's okay to be taking motrin or tylenol, but you should not be taking vicodin or percocet or lortab (or other narcotics) while driving.
2. You feel comfortable enough to react appropriately in traffic.

### **Showering:**

You may shower two days after your surgery. Do not remove the tape directly over your incisions. Use gentle soap and water to wash over the tapes on your incisions. If they come loose, it's okay. No submersing the incisions in water (bath, pool, hot tub) until there is no remaining scabbing or openings. This is also the point at which you may apply scar creams or treatments.

### **Dressings:**

You may use gauze or surgical pads under your bra to catch any drainage from your wounds. You don't have to keep any padding under the bra unless you so desire.

### **Bra:**

Wear your bra at all times for the first two weeks, except when laundering it or when you are showering, of course. Wear a bra with no underwire for the first few weeks. After that, you may wear whatever bra you like. Remember that the bra helps to keep tension off the scars, which helps to keep them narrow and flat. The longer you can wear the bra, the better.

**Return to Work/Exercise:**

You may return to work whenever you feel comfortable. This usually takes 1-2 weeks after the surgery, depending upon the type of work you do. We will write any letter/excuses that you need, just let us know.

You may resume light exercise as soon as you wish after your surgery. Use common sense, though, and stop or change your activity if it hurts. You should avoid strenuous chest exercises (push-ups, chest presses, etc) and heavy lifting for at least 6 weeks.

**Diet:**

Begin with liquids and light foods Jell-O, crackers, soups, etc., gradually progressing to a normal diet. Drink plenty of liquids for the first 48 hours. A good amount of lean protein and a multi-vitamin are important for healing.

**Medications:**

You may use Tylenol if you wish. However vicodin, percocet and other pain medications contain Tylenol. Thus, do not take these medications and Tylenol together as you may be taking too much Tylenol. Too much Tylenol can cause liver damage and other problems. If you are unsure about a particular medication, please call.

**Read the enclosed medication instruction sheet—it has important details about how to take your pain medicine.**

**Questions or concerns:**

Please call the office if you have any problem or question that concerns you. If it's after hours or on a weekend, there will be a phone number on the voicemail for you to reach Dr. Kavali.

If you need immediate attention, or for some reason you are unable to contact us, go to the emergency room nearest your home or at the hospital where you had surgery.

Some reasons to call:

- Fever greater than 101.5 F taken with a thermometer

- Pain not relieved by medication

- Severe pain

- Redness, warmth, drainage or odor from the operative site

- Bleeding (Dark red, thick blood; not watery Kool-Aid appearance)

- Persistent nausea and vomiting

- If you have ANY questions or concerns regarding your condition or surgery

**Follow-up:**

You should already have your post-op appointment made for about one week after surgery.