



PLASTIC SURGERY INSTITUTE OF OHIO

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POSTOPERATIVE BREAST REDUCTION/ LIFT INSTRUCTIONS

1. You may sponge bath the day following discharge from the hospital. Keep the wound area dry. Do not disturb the dressing. If there is drainage on the dressing, just apply dry gauze over it. You may shower the second day after surgery with warm water only (no hot water); no tub bathing is permitted.
2. Wear your bra 24 hours a day. Adjust the straps and apply padding if it is uncomfortable or pressing too hard on your incisions. The bra should fit loosely.
3. Once your drains are removed, fluid can leak from the drain holes. This can occur when walking or rolling over in bed and can saturate your clothes or linens. This is normal.
4. Do not tub bathe or use hot water in the shower. Warm water is okay.
5. Take your medications as prescribed:

Antibiotic: _____

Pain medicine as needed: _____

Other: _____

6. Make an appointment for an office visit in one week to have some of your stitches removed and to receive further post-op instructions.
7. Be patient. Swelling can be persistent for many months.
8. Call our office with any questions or problems.