



### Breast Reduction Instructions

1. Relax! All will be fine!
2. Expect little open draining areas along the incision sites- simply use gauze and tape and change bandages as they saturate.
3. You will need to purchase a bra with NO underwire that you will need to wear for several weeks. We have bras available through our website [www.mountcastleplasticsurgery.com](http://www.mountcastleplasticsurgery.com) the link at the bottom says contour will redirect you to a company with use for surgical garments.
4. Take your pain medications. There is simply **no** reason to suffer. Studies have proven that patients who are in pain and have a lot of stress can expect to significantly increase their healing time. Take care of yourself.
5. Take your antibiotics on time; you do **not** want an infection. Finish your entire course and do not skip pills.
6. Be sure to follow your surgeon's advice on icing and be sure to change out the bags of frozen peas or berries or your gel packs often. Keeping the area cold can really help the swelling and discomfort, especially in the first 48 hours. **Do not place ice or cold compress directly on skin.**
7. Be sure you try to eat something, even if it consists of a few bites. You need your energy, your body is working overtime to heal itself. Taking medications on an empty stomach can cause nausea and dizziness.
8. Drink plenty of water; this is very important. Your body needs water to help flush out the residual anesthesia and pain meds -- especially after you cease taking them. Plus, you will retain more fluid resulting in being more bloated and increased swelling if you do not. Also, your medications can cause constipation and being dehydrated can only make things worse.
9. Remember that swelling is normal, as is bloating. If you accept it and continue to drink water and eat a balanced diet, all will subside in its own time -- with a lot less stress.
10. Have pillows along side of you as well as in back of you, this can either support your arms or assist you in trying to roll over on your stomach or sides.
11. When you get tired, sleep. Sleeping gives your body more time and energy to direct towards healing.
12. Get up and walk around when you are able but don't over do it
13. If you were fortunate enough to have quit smoking, please do not start again. Smoking narrows the bore of the blood vessels and decreases the amount of hemoglobin to the wound. This can result in wound closure problems and necrosis (death) of skin cells and tissue.

14. No walking around without a support garment unless your surgeon specifically told you not to. This is important. Your breasts will need support during this time for several reasons: breast shape, scar stretching, pain, and trauma to the healing breasts.
15. Make sure you don't take any aspirin-containing products or drink alcohol for at least 2 to 3 weeks afterwards.
16. Remember, you will have scars and they will look worse before they will look better. Please don't be depressed because of the scars. Your breasts will continue to change over the next few weeks and months and the scars will get better. The scars are at their reddest in the first 3 to 4 months.
17. No lifting objects over 5 to 7 pounds. This includes children and pets.
18. Once all incision sites are healed, you may begin to use scar creams. We sell a variety in our office so ask Dr Mountcastle or the nurse for more details.