

## **DISCHARGE INSTRUCTIONS AFTER REDUCTION MAMMOPLASTY**

- Please wear the post-op surgical bra at all times for several weeks after discharge. You may switch into your own bra, if it is not an underwire, after about three weeks or when there is no longer any drainage from your incisions.
- If you have an ace wrap, leave this on until your first post-op visit unless otherwise directed. You may shower after we have removed it.
- It is common to have some drainage or scabbing on your incisions. This will take several weeks to clear up and is perfectly normal. Simply apply dry dressings under the bra as needed. A non-stick dressing such as Telfa, Adaptic or Xeroform may help with discomfort because it will not adhere to your breasts. A thin, long panty liner may be practical.
- **DO NOT** use a heating pad on any surgical area until cleared by Dr. Blanchet. The skin is very delicate, and your sensation is altered in these areas. You can develop a burn with permanent scarring from a simple heating pad.
- Nipples may be less sensitive or more sensitive than normal and this improves over time. You will be numb on the side of your breasts for several months.
- You can do lower body exercise 2 weeks post-op but try not to do any strenuous upper body exercise for about 4-6 weeks after surgery. The best way for you to heal faster and feel better sooner is to walk every day as soon as you can. You can rest afterwards, but walking will keep you from losing muscle mass, prevent clots in your legs and bring your energy level back sooner. I will restrict you from aerobic exercise, but walking is advised.
- Please try to minimize your intake of narcotics, as they are nauseating, constipating, and addictive.
- Please have over-the-counter laxatives at home in case they are needed.
- Please do not take any medication on an empty stomach.
- Please avoid **ASPIRIN, IBUPROFEN**, or any of the medications listed on your pre-op sheet for 2 weeks after your surgery as this will increase your risk of bruising and poor healing.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- You may find when you get home that you have gained weight after surgery. This is simply from IV fluids and resolves in about 2 weeks.

- If you have Steri-strips, please leave these on until they are dangling by a thread. Please buy Silicone Scar Tape from Amazon.com to replace Steri-strips when they fall off.
- Smokers heal poorly in terms of infection and wound breakdown, and you are advised not to smoke, vape, or use nicotine replacements for 6 weeks prior to and after your surgery. Nicotine screening may be necessary the day of surgery. IF THE TEST IS POSITIVE, YOUR SURGERY WILL BE CANCELED.

**PLEASE FEEL FREE TO EMAIL DR. BLANCHET IF YOU HAVE ANY QUESTIONS OR CONCERNS. IF YOUR CONCERN IS URGENT, PLEASE CALL THE OFFICR (804) 320-8545. IN A TRUE EMERGENCY, PLEASE CALL 911.**

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**PATIENT SIGNATURE**

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**DATE**

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**CAREGIVER SIGNATURE**

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**DATE**