

MIKE E. GONCE, MD
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POST-OPERATIVE BREAST REDUCTION INSTRUCTIONS

- On the evening of surgery get as comfortable as possible and rest. Do not over do it, but you need to get up and walk to and from the bathroom, eat at the dinner table, etc.; you should not be bedridden.
- The pain medication prescribed may cause nausea. It is best to eat before taking them.
- You will be wearing a sports bra and ace bandages. Keep all this on until you are seen after surgery. You will then be advised to wear a supportive bra/sports bra at all times until otherwise instructed.
- If drains are placed, these will be removed within a couple of days after surgery. You **MAY NOT** shower until these are removed, sponge bathe only.
- Steri-strips are placed over all the incisions for protection. The steri-strips may get wet, but **DO NOT** submerge under water until the steri-strips are removed. This includes bathing, swimming, hot tubs/jacuzzi, etc. The steri-strips are generally removed about 10 days-2 weeks after surgery.
- If you had a **free nipple graft**, you will have bolsters on each nipple. These will stay on until removed by Dr. Gonce or the nurse. You **MAY NOT** shower until these are removed. The nipples will then be very sensitive, so you must be careful with any rubbing or friction. After the bolsters are removed, you may protect the nipples from friction by applying antibiotic ointment and nonstick gauze on each one, or we like the *Contour MD nipple covers* for the best protection at www.cosmeticsurgerystuff.com.
- We advise to refrain from physical activities for the first few weeks. This includes any activity that makes you sweat, increases your heart rate, etc. After two weeks you may slowly work back into those types of activities as long as it does not hurt.
- There may be some mild bleeding or drainage from the incisions sites. This is normal and will subside over time.
- It is common to have areas along the incisions, especially where they meet, to have delayed healing. Often times it is due to the sutures. If you have an area you are concerned about, please let us know and we can get you in to be seen.
- A follow up visit will be scheduled the day after surgery.
- You may call the office phone number after hours if needed. For emergent medical attention, you should proceed to the nearest emergency room or call 911.

Patient Signature: _____ Date: _____