



INSTRUCTIONS AFTER BREAST REDUCTION

Date of Surgery: _____ Time of Surgery: _____

Post-Op Appt. Date: _____ Appt. Time: _____

1. Call Dr. Kaplan's office at the first sign of any of the following:
 - Excessive pain associated with pressure
 - Enlargement of the breast area
 - Redness, drainage, or odor from the incisions
 - Fever or chills
 - Shortness of breath
2. Do not smoke. It interferes with healing. Continue to avoid aspirin and other anti-inflammatory medications until instructed by Dr. Kaplan.
3. Sleep in a flexed position for the first few days, keeping your head and shoulders elevated. You may resume your normal sleeping position when comfortable.
4. After the dressings are removed, you may shower daily but avoid hot water. If you have drains, you may attach them to a belt or cloth strap while showering to prevent pulling.
5. Use a gauze pad to protect your clothing from any oozing at the incision or drain sites. The drains are usually removed within seven to 10 days after surgery or when drainage is less than 30cc over a 24-hour period for each drain.
6. Wear a bra as instructed by Dr. Kaplan. The bra should not have underwires or strong elastic.
7. For the first three weeks, avoid heavy lifting (no more than 5 pounds) and vigorous use of your arms. Start gentle arm-raising exercises on the first post-operative day or as instructed by Dr. Kaplan.
8. Do not drive until comfortable and do not drive while taking pain medication.
9. You will have some swelling or bruising of the breasts. This is normal. Softening will take place over a period of weeks to months.
10. You might notice numbness or a change in sensation of the breast skin. This is common. This will improve with time. If you require a free nipple graft, the sensation to the nipple/areola complex will be permanently reduced or non-existent.
11. The incisions on your breasts will be red for at least three to six months. The color will then begin to fade.

Notes: _____

DR. JONATHAN KAPLAN, MD, MPH
(225) 765-7731
Evenings and weekends, call the office number and ask the operator to contact Dr. Kaplan or the plastic surgery fellow on call.

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This information is not intended to replace medical advice of your doctor or health care provider. Please consult your healthcare provider for advice about a specific medical condition.