



Avron Lipschitz MD

NATURAL RESULTS, ADVANCED TECHNIQUES, EXCEPTIONAL CARE

## Postoperative Instructions Breast Reduction

Many patients have questions about Breast Reduction and recovery. Although many factors are involved with determining your actual recovery time for breast augmentation, you will likely experience a post-surgical recovery period of 24 to 48 hours and an additional reduced-activity period of a few days, you will likely experience soreness and swelling for a few weeks.

Exercise and normal activity can resume at the direction of your plastic surgeon. Over time, post-surgical swelling will decrease and incision lines will fade.

### **When you go home you'll need help**

If your breast reduction is performed on an outpatient basis, be sure to arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

If you experience shortness of breath, chest pains, or unusual heart beats, seek medical attention immediately. Should any of these complications occur after Breast Reduction, you may require hospitalization and additional treatment.

The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure and another surgery may be necessary. After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.

**Patient Initial** \_\_\_\_\_

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- It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. Please take deep breaths frequently to keep your lungs clear (15-20 per hour.) Keep your head elevated about 30 degrees (two pillows) with the knees slightly flexed. 3. After surgery it is best to go to bed and elevate your head and shoulders on at least 2 pillows. 4. A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day. 5. Please take the pain medication only if you have pain. Take it with crackers, Jell-O, etc. You should need it the first 2-3 days after surgery every 3-4 hours. You will be given an anti-anxiety/muscle relaxant medication (Xanax) that you may take as well to prevent aggravation of the pain cycle. 6. For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed.
- Small drains may be used to draw any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb every 3 hours. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. Usually drains are removed 48 hours after surgery. The drains will not be removed if you have drained more than 30 cc within a 24-hour period.
- If you have sutures, they will be removed in 7-10 days and you will wear steri-strips for 3-4 weeks. (We will provide the steri-strips.) Apply scar cream to maximize wound healing, beginning at 3 weeks. Use the cream for 6 months after surgery.
- DO NOT SMOKE. This is very important.
- You may shower 24 hours after surgery. You may wear a camisole or no bra after surgery. Dr. Lipschitz will advise you when you may wear a bra with and underwire.
- Strenuous activities and exercises are to be avoided until 3 weeks after surgery, (heart rate should stay below 100 beats per minute). You may gradually resume normal daily activities after 48 hours being careful to avoid any activity that causes pain or discomfort.
- Driving may be resumed when a sharp turn of the steering wheel will not cause pain; this is usually within 5-7 days.
- Direct sun contact or tanning booths are to be avoided and use a sunscreen with SPF of 15 with UVA and UVB protection for at least 6 months. The incision scars can be massaged with a moisturizing cream, vitamin E, or aloe vera cream starting 3 weeks after surgery. This will promote early softening and maturation of these areas.

Patient Initial \_\_\_\_\_

## What to Expect After Surgery

- Sensations like numbness, sharpness, and burning are common during the healing process.
- These sensations may last several weeks and will gradually disappear.
- Bruising and swelling are normal for 2-3 weeks. It will disappear over time.

**Please note:** If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call our office. If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Lipschitz immediately. If you have major dental work or major surgery, please notify Dr. Lipschitz so he can prescribe a pre-operative medication to protect your implants from possible infection.

Following your physician's instructions is KEY to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, abrasion, or motion during the time of healing.

Please sign as your acknowledgement for receipt of all postoperative instructions:

Signed by: \_\_\_\_\_ on the \_\_\_\_\_ at the  
(Print Name) (Date)

\_\_\_\_\_  
(Office Location)

Patient Signature: \_\_\_\_\_

Witness: \_\_\_\_\_  
(Print Name)

Witness: \_\_\_\_\_  
(Signature)

No question is ever too small. Feel free to call Dr. Lipschitz on his cell phone at 972.333.4870.

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