

BREAST REDUCTION | BREAST LIFT

POST-OP INSTRUCTIONS

ACTIVITY

- For the first week, sleep on your back with your head elevated on 2-3 pillows for comfort and to decrease swelling. You may sleep on your back or your side, but not your stomach for at least 4 weeks.
- No housework until told otherwise.
- No pushing, pulling tugging, lifting with your arms until okayed by your doctor.
- You can use ice packs on your chest in 20 minute intervals (20 minutes on, 20 minutes off) while awake for the first 24-48 hours to help with discomfort and swelling. Place a washcloth between your skin and the ice pack. No ice directly on the skin.

DRESSINGS

- You will have gauze pads over your incisions and either a sports-type surgical bra or a wrap like an ace bandage over your gauze pad dressings. You do not need to change these, keep them on until you have been instructed to remove them.

REFINEDLOOKS



AFTER HOURS ON-CALL NUMBER: 423.756.7134