

# Plastic Surgery of Texas

## Ben J. Tittle, M.D.

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### Post-operative Instructions Breast Reduction/Breast Lift

The following list is a guideline of instructions for post operative care. We will go over all of these at your pre-operative visit, and any special instructions you may need as each patient and surgery is unique. Please, always ask if you have any questions.

1. Make sure that you eat something before taking any of your medications to avoid an upset stomach. You may also want to take some stool softeners as the anesthesia and pain medication can cause constipation.
2. We want you to get up and around as you feel comfortable, but ask that you refrain from any heavy lifting, nothing over a gallon of milk, or repetitive arm movements like vacuuming or sweeping.
3. Your incisions will most likely be closed with clear glue (Dermabond) on the skin surface. The Dermabond will begin to come off 1-2 weeks after surgery and may appear like peeling skin. You will also have internal sutures that will dissolve over time. Please do NOT use any ointment on your incisions.
4. You also may have drains please make sure that the bulbs stay compressed and record the drainage output on a sheet of paper. Your drains will be removed on your first post-op visit. If you have any questions regarding these please call the office (214)905-5075.
5. Depending on which type of breast reduction you have had you may be able to shower 48 hrs after surgery. The incision can get wet just DO NOT take a bath or submerge the incisions. If you have had a nipple graft reduction where the nipple was removed and then re-attached as a skin graft you may NOT shower or get the nipple area wet for several days. We will advise you when it is o.k. to resume showering.
6. Please no underwire bras for 4-6 weeks. We have found that camisoles or tank tops with built in bras seem to be most comfortable for patients. Whatever you choose to wear make sure that it is not too tight; we want you to be comfortable.
7. You will have multiple follow-up office visits. These are so that Dr. Tittle can monitor your progress and so that you will be able to ask any questions you may have through out the recovery process. If you ever have any concerns or questions please call the office we are happy to assist you in any way.