

Bonnie J. Baldwin, M.D.
Aesthetic and Reconstructive Surgery
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BREAST REDUCTION POST-OPERATIVE INSTRUCTIONS

After surgery you will be wearing a surgical bra with a gauze dressing for 1 to 2 days. At your first post-operative office visit the gauze dressing will be removed. The surgical bra should be worn for a minimum of 2 weeks. After week 2 you may wear a camisole or sports bra for comfort and support for the next 4 weeks. **Avoid** underwire bras as these may irritate the healing incision sites.

1. Sleep with your upper body elevated or on several pillows to reduce swelling for the first week post-op.
2. You will have suture knots extending from various points of the incisions. Steri-strips will cover the incision and suture ends. The steri-strips will be removed and suture knots will be trimmed at the 3-week post-op visit.
3. No excessive lifting, pushing or pulling for 4 to 6 weeks.
4. No exercise for 6 weeks to prevent additional swelling, bruising or stress on incisions.
5. You may drive at 4 to 5 days if you **are not** taking pain medication.
6. Take your medication as prescribed by Dr. Baldwin.
7. You will be required to follow-up in our office after surgery to monitor your progress and to ensure the best possible result.
8. Please immediately report an elevation in temperature, sudden swelling or discoloration of the surgical sites, excessive bleeding or discharge from the incisions or signs of infection.
9. **We want your aesthetic surgery experience to be a positive one.** Should you have further questions or difficulties please contact our office during office hours, Monday through Thursday 8:30 A.M. until 4:30 P.M. and Friday 8:30 A.M. until 1:00 P.M. After office hours the answering service will direct your call to Dr. Baldwin or her associate.