

AFTER YOUR BREAST REDUCTION OR MASTOPEXY

Post-Op Instructions

- Driver** For outpatient procedures a driver will be required to take you home and preferably stay with you overnight. Please do not drive for 24 hours or while taking pain medication.
- Follow-up** Please call to schedule your first follow-up appt, if not already scheduled.
- Medication** Begin taking your antibiotic (cephalexin) the day after surgery. Please finish all of this medication.
- Bathing** Do not get the surgical site wet unless otherwise directed. I will usually allow you to get the incisions wet with clean water after your first post operative visit.
- Sutures** Most commonly, absorbable sutures are used with steri strips over the top. Keep these in place
- Bra** We will provide you with a support bra after the operation. You will wear this bra day & night for 3 weeks, or as long as you can there afterwards. You may want to get another one so you can continue to wear one when you launder the other. A simple sports bra that opens in the front provides excellent support (**no underwires for 6 months**).
- Activity** Refrain from lifting greater than 10 lbs. and vigorous activity for THREE weeks after surgery. You will have restricted activity for SIX weeks. Excessive activity can cause bleeding, swelling and implant malposition.
- Swelling** Your breasts may be swollen and bruised for the first several weeks after surgery. This will improve!
- Call** Feel free to call me or my nurses with questions or concerns.
Tanner Clinic 773-4840 X3441.
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DR. YORK YATES
plastic surgery