

STEPHEN EVANGELISTI, M.D.

Aesthetic and Reconstructive Surgery

POST-OPERATIVE INSTRUCTIONS FOR REDUCTION/BREAST LIFT

Medications

- After your surgery, if you need them, you may begin taking the pain medication as prescribed to you by this office. **Narcotic Pain medications may cause constipation. To prevent constipation, you may begin an over the counter stool softener (i.e. Colace). If you experience Constipation, Magnesium Citrate will help alleviate discomfort, (1-2) bottles for relief.**
- **Day after Surgery** please restart the antibiotics that you were prescribed and continue the full course until complete. You will have one refill on the antibiotics, which is **only** required if directed by this office.
- **DO NOT take any of the following medications for 1 week after your surgery:** Advil, Motrin, Ibuprofen, Aleve or any medications that contain those products.
- If you choose not to take the narcotic pain medication that was prescribed to you by our office, **Tylenol** is the only medication we suggest to take for the first week.

SURGICAL BRA

- You will be sent home from surgery wearing a white, snug fitting surgical bra that zips and hooks up front. The shoulder straps are wide and have Velcro that will enable you to adjust for your comfort. Wear this bra at all times for the first 3 weeks following your surgery. When you want to launder your surgical bra, please wear a form/tight fitting sports bra that sips or hooks in the front. Make sure that the bra band does not rub on your incisions. You can find these at any sports/department store.

DRESSINGS/ BANDAGES

- Under your surgical bra you will find white gauze dressings that will help pad and absorb any fluid that will leak from your surgical incision sites. Under the white gauze there is yellow Vaseline -type gauze covering each breast. This yellow gauze is **NOT** to be removed. It will be removed at your first post-operative appointment.
- If you run out of the white gauze material, it is suggested to purchase non-sterile cotton 4x4 square gauze to place over each breast wound to absorb any drainage you may have for the first 3-4 weeks. Clean wash cloths are also an option. Cotton gauze can be found at Walmart, Target, or drug store.

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SHOWERING

- You may shower the day after your surgery. You can remove the surgical bra and lay the white gauze that is over your breast on the counter. **DO NOT REMOVE THE YELLOW GAUZE.** Shower with your back to the water, as direct hitting of the water on our breast may cause discomfort.
- If the yellow gauze does get wet simply pat the area dry with a towel and re-apply the white gauze and the surgical bra.
- It is important, once the yellow gauze has been removed at your first post-operative visit, that you wash the incisions with soap while showering. After your shower, please keep all incisions covered with a greasy substance such as: Cocoa butter/oil, A&D ointment, Aquaphor or Vaseline.

PAIN/DISCOMFORT

- It is common to have breast swelling, bruising, tenderness, and numbness in the surgical area as your breasts heal. Itching, "shooting pains" or "Zingers" are common and can be expected.
- If you had liposuction done to the sides of your breasts, you can expect bruising, swelling and hard lumps in that area. These hard lumps may last up to 12 months. You are encouraged to push firmly on the lumps after your first post-operative appointment to help release any old blood and cellular debris from this area. This kneading will help relieve tenderness and help you to return to normal sooner.

DRIVING/LIFTING

- You will not be able to lift heavy objects or carry any large, heavy objects against your chest for 4-6 weeks after your procedure. Avoid physical activity that produces sweating however, we encourage walking around and light daily activities right after your surgery.
- You may drive as long as you are not taking narcotic pain medication.
- Avoid raising or stretching your arms above your head for 3-4 weeks. You may lift them high enough to wash your in the shower. Your elbows should stay well below shoulder level at all times until comfort allows more movement.

SLEEPING

- It is very important to sleep **ONLY** on your **BACK** for the first 2 months after surgery. Most patients can sleep leaning on their sides after 4 weeks and this is permissible.

SWIMMING/HOT TUBS

- Please no swimming, hot tubs or tub baths for 4 weeks.