

MICHAEL J. SUNDINE, M.D., F.A.C.S.  
AESTHETIC PLASTIC SURGERY  
Certified By The American Board of Plastic Surgery

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**BREAST REDUCTION/MASTOPEXY  
AFTER CARE INSTRUCTIONS**

After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed.

It is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. This activity will greatly reduce the risk of blood clots in your leg veins. Please take deep breaths frequently to keep your lungs clear (15-20 per hour). Keep your head elevated about 30 degrees (two pillows) with the knees slightly flexed.

After surgery it is best to go to bed and elevate your head and shoulders on at least 2 pillows.

A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.

Please take the pain medication only if you have pain. Take it with crackers, Jell-O, etc. You should need it the first 2-3 days after surgery as prescribed. **Take the antibiotics as directed until they are completed. It is very important you take the antibiotics to prevent infection.**

**DO NOT SMOKE.** This is very important. Smoking causes vasoconstriction and impedes healing.

For the first 72 hours keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed. Keep your arms as close to your body as possible.

Frequently small drains are used to draw off any accumulating fluid after surgery. The bulb should be collapsed at all times. The fluid will need to be removed from the bulb every 3 hours. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. Usually drains are removed 24 hours after surgery. The drains will not be removed if you have drained more than 30 cc within a 24-hour period.

Your initial dressing will be a padded breast dressing. This will stay in place for one week. Sponge bathe while the breast dressing is in place. You will change to a sports bra one week postoperatively. Avoid an underwire bra for 4-6 weeks.

Do not submerge yourself in a bath, swimming pool, whirlpool, or ocean for 2 weeks.

Begin massage of the incision scars two weeks after the surgery. They can be massaged with vitamin E, aloe vera, or moisturizing cream. You may also purchase a cream to help minimize scarring, please ask our nurse if you are interested.

\*Call our office if you have any questions, if any problems should arise, or if you have been having any signs or symptoms of infection (redness, fever, drainage). 949-706-3100 (Newport Beach Office).