



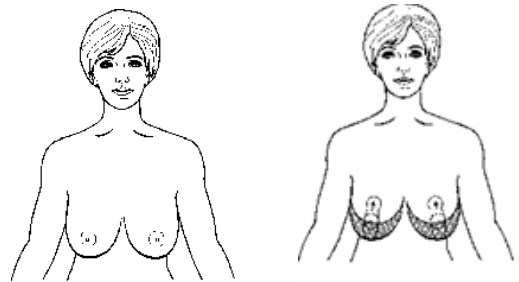
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HOME CARE AFTER BREAST REDUCTION

PLEASE FOLLOW THESE INSTRUCTIONS IN ADDITION TO THOSE LISTED ON THE **GENERAL HOME CARE AFTER PLASTIC SURGERY** SHEET YOU RECEIVED.

- LEAVE YOUR DRESSINGS IN PLACE UNTIL YOU RETURN TO THE DOCTOR. SPONGE BATHE DAILY. ONCE THE DOCTOR HAS REMOVED YOUR DRESSINGS YOU MAY SHOWER. AFTER SHOWERING, AIR-DRY THE INCISION OR PAT IT DRY.
- IF YOU HAVE BANDAGES SEWN TO YOUR NIPPLE GRAFTS, DO A SPONGE BATH AND DO NOT ALLOW THE GAUZE TO GET WET.
- WEAR THE HOSPITAL BRA, OR ANOTHER SOFT, STRETCHY BRA 24 HOURS A DAY, EXCEPT WHEN SHOWERING.
- DO NOT WEAR AN UNDER WIRE BRA FOR 12 WEEKS, UNLESS INSTRUCTED BY YOUR DOCTOR.
- DO NOT LIFT ANYTHING HEAVIER THAN ONE GALLON OF MILK FOR 2 WEEKS. AVOID ARM-SWINGING SPORTS, SUCH AS TENNIS, GOLF, SOFTBALL, ETC. FOR 6 WEEKS.
- EXPECT MILD DRAINAGE FROM THE CENTER OF THE INCISION UNDER YOUR BREAST. YOU MAY WISH TO PUT A SOFT, DRY GAUZE AGAINST THE INCISION INSIDE YOUR BRA.

BEFORE SURGERY



AFTER SURGERY

