

## After Care Instructions for Breast Reduction/Mastopexy

- Your compression garment will consist of a snug ACE bandage and/or a postop bra. Your dressing will consist of bacitracin ointment and gauze. Clean around the nipple twice daily with hydrogen peroxide and re-apply bacitracin ointment. Continue to do this until your postoperative visit.
- You will be given prescriptions for pain medication and antibiotics.
- You may shower 24 hours after surgery unless otherwise instructed.
- Sutures are removed 7 to 10 days after surgery.
- Please limit physical activities after surgery:
  - No lifting over 10lbs
  - No bending over
  - No driving until released by Dr. Poulter
- After 2 to 3 weeks you will slowly resume your daily activities.
- By 6 weeks you should be able to return to your full exercise with a good sports bra.
- Instructions for minimizing the appearance of the scar will be given to you when your sutures are removed.
- You will see Dr. Poulter at 1 week, 6 weeks and 6 months following surgery to keep up with your healing process and satisfaction.
- If you have any questions or concerns, please contact the office at (309) 663-1222.