

Breast Reduction Surgery

Your physician is going to perform the following surgery for you; breast reduction.

The surgery usually takes 3 hours.

Expected time in the hospital will be N/A (out patient) After 48 hours, you may shower and change your dressing. If you have blue sutures, use antibiotic ointment and maxi pads. If not, just use a maxi pad.

Recovery time is usually 2 weeks.

You may return to work in 2 weeks.

You may resume driving when you are no longer taking narcotic pain meds, and are released by your physician.

Activity restrictions: no lifting of anything heavier than a half gallon of milk for 4-6 weeks. You may resume your regular exercise routine in 4-6 weeks or when released by your physician.

You will have a post-op visit in clinic the week after your surgery, call the clinic @ 773-834-7302.

Regarding Drains: IF you have drains, you will need to keep an accurate drain log that states how many cc's of fluid drains during a 24 hour period. You may shower right away with drains, but do not take a tub bath. Please call if your drain site shows signs of infection or if it will not sustain suction and stops draining before your post-op visit.

Regarding post-op garments: you will wear a surgical bra for 3 weeks. This will be worn 24/7 except for showering or when you wash your bra. You may want to purchase a sports bra that closes in the front to be used when the other bra is being washed.

Reasons to call the Nurse: Your surgery site is red, has a thick yellow discharge, you have a fever, you have severe nausea, or severe pain at the surgery site. Your drain fell out, your sutures came out.

Who to call: Bernadette RN at 773-702-6302. Or if it is after normal business hours or on the week end, call 773-702-1000, ask for the page operator and have them page the Plastic Surgery Resident on call.

For questions, please feel free to e-mail the nurse at : bschmitt@surgery.bsd.uchicago.edu