



**Midtown 404-686-8143**  
**Emory Aesthetic Center 404-778-6880**

## **What to Expect Following Breast Reduction or Breast Lift (Mastopexy) Surgery**

### **Your Procedure**

- You should be able to go home the same day as surgery.
- Emory requires you to have someone drive you home after surgery. We suggest you have someone to help you at home for 1-2 days.

### **Activity**

- No heavy lifting (greater than 10 pounds) or raising your arms above your head until you have been cleared by your surgeon. No exercising of any kind either.
- You may not drive until you are comfortable wearing a seatbelt, are not taking narcotics and have been cleared to do so.
- Rest and take naps as needed throughout the day. You may feel tired the first few weeks after surgery.
- In order to prevent blood clots it is important to walk around as much as possible following your surgery.

### **Pain**

- You were prescribed pain medications. Take them as needed for pain. As your pain decreases you will be able to decrease the use of the narcotic pain medication and control pain with Tylenol and other non-narcotic medications only.
- You may take NSAIDs such as Ibuprofen, Motrin, Aleve after surgery if your surgeon prescribed them or you discussed this with your surgeon.
- If you were prescribed a narcotic pain medication, it can cause constipation. In order to avoid constipation, increase your fluid intake. You may also need to take a stool softener, such as Colace. If constipation persists, you may try Milk of Magnesia (available without a prescription).
- Do not drive or drink alcohol while taking pain medication as it can make you drowsy and impair your judgment.
- Do not smoke (or use tobacco or nicotine products), as smoking delays healing and increases the risk of complications. This includes the use of nicotine patches, vaping, gum, and e-cigarettes.

### **Diet/Appetite**

- You may resume your pre-surgery diet.
- Drink plenty of fluids, at least eight glasses of 8 ounces each day to help prevent constipation associated with pain medication.

### **Caring for Your Wound:**

- You may have drains in place. The nurses will teach you how to empty and record your drain output. Please bring the output record with you when you return to clinic.
- It is normal to have bruising and swelling after surgery.
- If your wound has oozing or drainage, you may cover it with a dry dressing. Please be sure to change it everyday.
- Please wear the bra that was provided for you at all times except when showering. You may bring a sports bra that opens in the front with you to your follow-up appointment to change into at that time.
- Please leave your steri-strips in place until your follow-up appointment.
- You may shower in 48 hours, just pat your incisions dry and replace the bra. No soaking or swimming for 4 weeks. You may wash the bra but do not put it in the dryer. You may buy additional recovery bras on Amazon if you wish. Make sure that the additional recovery bras fit the same way as the bra your surgeon gave you.
- Please sleep on your back at an elevated angle
- Do not put any ointments or antibiotic creams on your incision. These will not make it heal faster.
- Do not use heating devices such as heating pads, hand warmers, or electric blankets near the surgical area. Do not put ice either. This can damage the tissue and result in a severe burn.

### **Medications**

- You should wear a sports bra for a period of one month. Avoid any bra with underwires and wait for 6 weeks before wearing a regular bra.
- Resume your pre-hospital medications. Follow-up with your primary care physician regarding new prescriptions or refills of your home medications.

### **Follow-Up Appointment –**

- If you are not given a follow up appointment when you leave the hospital, call your Plastic Surgeon's office and make an appointment to be seen within 1-2 weeks after your surgery.
- At this appointment, we will check your incision and remove any drains. Your surgeon will also discuss the results of the surgery and your treatment plan.

### **Call your Plastic Surgeon's Office if:**

- You have a fever greater than 101°F, chills, nausea, vomiting, leg pain, increased incisional pain not relieved with pain medication, bleeding that does not stop; if you notice signs of wound infection (redness/tenderness at or pus discharge from your incision); or if you have other concerns. **404-686-8143 or 404-778-6880**
- Please call 911 or go to the closest Emergency Department for any life-threatening emergencies such as shortness of breath or chest pain.
- Do not use the patient portal for urgent or emergent questions.