

**BEVERLY HILLS WELLNESS SURGERY CENTER, LLC**  
**BREAST REDUCTION / BREAST LIFT POST OPERATIVE INSTRUCTIONS**

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Early ambulation is important after surgery; you may start walking lightly 1 day after your surgery.
3. You may go to the bathroom with assistance as needed.
4. Take your medications according to the specific written instructions that have been provided.
5. You can expect the following:
  - You will feel significant pressure on your chest. This will resolve after a few days time.
  - You will be fitted with a post surgical bra to give you added support. This bra usually has to be worn night and day for 4 weeks after surgery, except when showering or when laundering it. It is not uncommon to have some mild bloody drainage on your bra the first day.
  - A drain sometimes will be in placed in each breast and the drainage will need to be measured with the amount recorded and then emptied. It will usually be removed at your first postoperative visit 3-4 days after surgery. At this time, sutures will be removed.
  - The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find that you need your pain medication less frequently.
6. **You can shower 48 hours after surgery.** Remove the garment and discard any gauze dressings from the chest. Do not remove the surgical tape from the incisions. After the shower, replace the bra.
7. Avoid any heavy lifting (greater than 10 pounds), strenuous exercise, pushing for 3 weeks after surgery. After this, you can gradually increase your activity, progressing to full activity with no restrictions at 4 weeks.
8. Avoid direct sun exposure / tanning of the incision for several months after surgery.
9. A liquid diet is recommended for the first day progressing to a regular diet over the first 24 hours.
10. Do not drive a car until your physician has given you permission to do so.
11. Avoid smoking and alcohol for 2 weeks after surgery.
12. Contact our office at (310) 385-9623 if you experience any of the following:
  - Severe pain not responding to the pain medication.
  - Marked swelling of one or both breasts, fevers, chills, or excessive bleeding.
  - Shortness of breath, chest pain.

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Patient Signature

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Date

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