

## Post – Operative Instructions for Breast Reduction and Breast Lift Surgery

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1. Liquids and diet as tolerated
2. Wear your surgical bra 24 hours a day. It may be removed to shower.
3. When showering soak and gently wash any crusts from the suture lines. White flaky residue you may see along your incisions is normal, this is the skin glue used during the operation and it should remain for up to 14 days. It will eventually soak off on its own with regular bathing. Do Not peel or rub it off.
4. Do Not use any lotions, powders or salves over incision sites unless asked to do so.
5. You may use gauze sponges over the sutures or any draining areas. ( If you do not have gauze some type of panty shield works very well.)
6. No stretching, exercising or lifting more than 5 lbs. Avoid raising your arms higher than your shoulders for 4-6 weeks. Sleep on your back for 4-6 weeks.
7. For constipation you may use a mild laxative i.e. Milk of Magnesia, Correctol or Metamucil and drink plenty of fluids.
8. If there are any signs of infection ( redness, heat, swelling, odor or profuse drainage) call the office right away.
9. You may return to normal activities in approximately:

Housework	3 weeks
Exercise	6 weeks
Driving	10-14 days
Wearing a regular bra	6 weeks (although sometimes after 2 weeks you may wear a sports bra, ask the doctor first)
Return to work	4-6 weeks depending on the type of work you do.
10. You will have a drain tube on each side. If you spend the night in the Hospital, the doctor will remove the drains before you go home. If you go home the same day you need to make an appointment in the office to have your drains removed. If this appointment has not already been made, please call the office and schedule. 937-208-2552