

Augusta Plastic Surgery Associates
Dr. Chris Ewart
Breast Reduction Post-operative Instructions

Activity: For the first 24 hours, rest is absolutely necessary. Sleep on your back in a recliner if possible. If a recliner is unavailable, you can sleep with one pillow under each arm and two behind your head. **You will need to move** about the house to promote circulation, for example, getting up to go to the restroom or kitchen.

Dressing: Your chest will be wrapped in an Ace wrap bandage after surgery. This will remain in place until you come back to see Dr. Ewart.

Bathing: You may sponge bathe, but do not shower until after your first post-op appointment. You will need to avoid getting your bandages wet.

Post-operative Office Visits: Your first appointment will be in 2-4 days. The bandages will be removed at this time. You will need to purchase a sports bra to bring to this visit. Bras are also available for purchase at our office. You will be instructed to wear a sports bra only for 4 weeks.

Driving: You can drive once you have stopped your pain medication and feel comfortable moving your arms.

Exercise: During your first post-operative week, activity should be kept to a minimum with no heavy lifting, pushing or pulling. After that time, you should be able to return to desk-type work. Dr. Ewart will inform you when you can resume your normal activities based on your healing.

Complications: It is not uncommon to feel tightness in your chest after your surgery. This is partly due to the bandages as well as your surgery. Should you feel like you are having breathing difficulties, please call us. Expect to have some bloody drainage on your dressing. Should you notice any bright red blood that appears fresh, please contact us immediately. Foul smelling drainage, fever and/or chills or an excessively swollen or tight breast are also reasons to call us.

Not all patients heal alike. If you have any questions or concerns during your recovery, please contact the office at 706-724-5611.