

# DR MEGAN LYONS

## POST OPERATIVE CARE INSTRUCTIONS FOR BREAST REDUCTION SURGERY

### BREAST REDUCTION RECOVERY

- Please follow Dr. Lyon's post operative care instructions very carefully to achieve optimal breast reduction results.

### REST + RELAXATION

- Take time to let your body rest and heal from your surgery.
- If you have little ones, it is a good idea to get childcare during this time.
- It is ok to lie on your side. Do not lie on your chest.
- Have a healthy diet and get some sleep.

### ACTIVITIES

- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly (ie: running and aerobics).

### DRAIN CARE

- Your drains will be removed 24 hours following surgery unless otherwise directed.
- When drains are removed a small amount of fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto drain site daily and cover with gauze or a feminine hygiene pad. Drain site will close in 3 to 7 days.

### POST OPERATIVE PAIN MEDICATION

- Anti-Pain medication can be taken after surgery. Resume prescribed medications unless otherwise stated by Dr. Lyons. Take your antibiotics as prescribed at the appropriate times until completed. Apply Polysporin to your incision lines 1x a day once steri-strips are removed.

### WASHING

- Remove dressings 24 hours after surgery. Leave your steri-strips in place for 3 to 4 days.
- You can shower. Wash with soap and water.
- Do not soak your surgical sites (no pools, hot tubs, or lake water) for 2 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.

### TWO WEEKS AFTER YOUR SURGERY

- Begin to massage your incisions with Vaseline body lotion or BioOil. Do not use vitamin E. If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

### FOLLOW UP APPOINTMENTS

You will have full access to Dr. Lyons and her medical team during your recovery. If there is a concern about your surgery or recovery, please call the clinic at 306.566.4664.