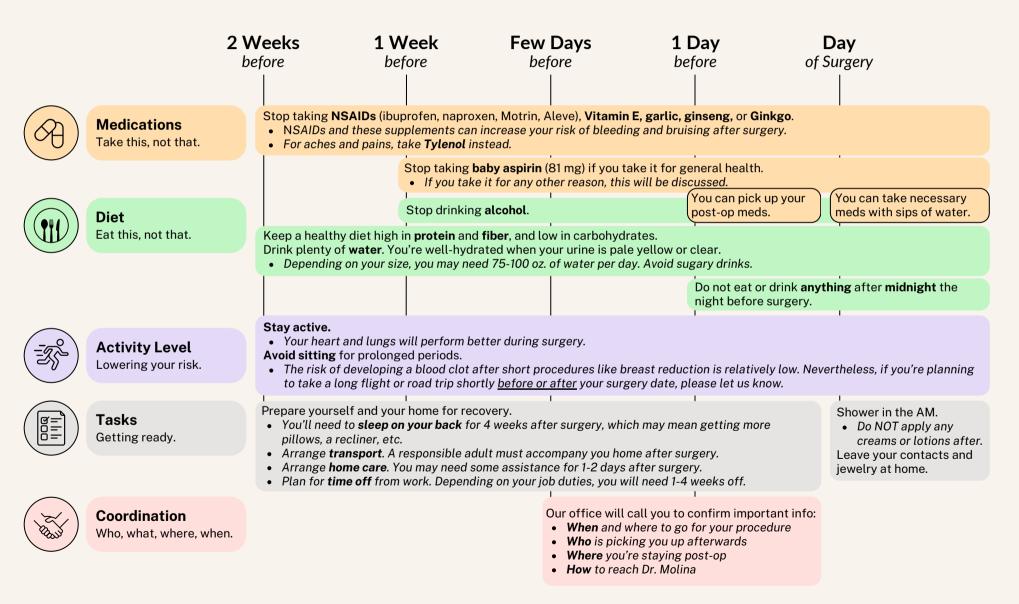
## **BREAST REDUCTION**

PRE-OP



## **BREAST REDUCTION**

## POST-OP

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	<b>Coordination</b> Who, what, where, when.	recovery room. You'll	you if you're local, or call you to check in.	Follow-Up Visit #1	Follow-Up Visit #2		Follow-Up Visit #3
R	<b>Medications</b> Take this, not that.	You'll be prescribed <b>ibu</b> You and Dr. Molina will right for you.	u <b>uprofen</b> and <b>Tylenol</b> . Ta	ke them as directed.	You can resume aspirin and any supplements.	f <mark>or after-hours emerger</mark>	
	<b>Diet</b> Eat this, not that.	Resume your usual die like. High <b>protein,</b> high plenty of water.			You can resume drinking <b>alcohol</b> in moderation.		
	Dressings, Garments & Bathing	<ul> <li>Dressings will include skin tape, cotton padding, and a surgical bra.</li> <li>Keep everything in place, and keep it dry until your first post-op visit.</li> <li>Please sponge bathe your arms and legs only.</li> </ul>		Dr. Molina will remove your dressings and tra Wear your surgical <b>bra</b> or a lightly compressive sports bra <b>24/7</b> , except while showering.		You can be <b>bra-free</b> for up to <b>12 hours</b> per day.	Wear whatever bra
				You may <b>shower</b> , but do NOT submerge yourself in water (no baths, no swimming).		No more water restrictions! You can take a bath or go swimming.	
(IS)	<b>Activity Level</b> Balancing rest & action.	dangerous blood clo	longed bed rest puts you ots. But f you over-exert yoursel	u at risk for	Light exercise. Long walks, easy biking. Still avoid any strenuous activity or heavy lifting.	Normal activity, with support. Any type of exercise is OK, but you <i>must</i> wear a supportive bra.	<b>No restrictions!</b> Rigorous exercise is OK, with or without a bra!
	Healing What to expect.		~2 weeks. If you notice	worsen before it starts to improve after a sudden increase in swelling or a drastic easts, <b>call us</b> right away.		Swelling is about 80% gone. You'll keep healing on the inside for about <i>a year.</i>	
		Small bits of your incisions may not be healed yet. You may notice a yellow film over these wounds, which is normal. Infections are very rare. With some extra care, these areas heal in 1-3 weeks.					