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## **CONTACT DR. CLAIN**

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# **DR. JASON CLAIN**

## **POST-OPERATIVE INSTRUCTIONS FOR BREAST REDUCTION**

### **After Surgery**

- After surgery you will have a bra on
- Wear your bra all the time, except when showering.
- You can shower 2 days after surgery. It is ok for soap and water to go on the incisions and drains.

### **Activity**

- Do not raise your arms above shoulder level
- Do not lift anything >5 pounds
- Be careful when getting in and out of bed/chair that you do not put a lot of pressure on your arms as it will pull on your breasts
- Walking is good and decreases the risk of blood clots. Do not exercise or do anything that raises your blood pressure
- Exercise is not permitted for 6 weeks

### **Medications**

- Take acetaminophen for pain, take the narcotic pain medication only for severe pain (you can also take a half pill). Ibuprofen is ok 3 days after surgery. Some patients do not need the narcotic.
- You do not need any additional antibiotics

### **What To Expect While Healing**

- Bruising is normal, if you have redness that is spreading, reach out to your surgeon
- Some fluid on the dressing is normal
- The breasts will achieve their shape over the next few months, wrinkles are normal in the beginning

### **Follow-Up**

- You should see Dr. Clain within 14 days of surgery. If you do not have an appointment, please call his secretary (top left)



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