



Post-operative Instructions for: Breast Reduction with Panniculectomy/Abdominoplasty

- Discontinue all aspirin products or medicine that can increase your chance of bleeding two weeks prior to surgery. This includes: diet pills, all herbal medications (tumeric), flax seed oil and vitamin E.
- Dr. Patel will want to see you in the office one week after surgery.
- We will place you in a surgical bra after the procedure with fluffed gauze in the bra, as well as an abdominal garment or binder.
- The day after surgery you may remove the gauze, bra, and abdominal garment and you may shower. You may wash gently with soap and water, but you may not bathe, swim, or soak. Do not let your drains hang in the shower. Make sure you hang them on something or have someone hold them for you. You should then put on a clean soft bra, and clean garment or binder. You no longer need gauze or padding in the bra, but you should continue to keep your abdominal incision padded/protected from the binder.
- We want you to wear a soft bra with **NO UNDERWIRE** as well as an abdominal garment, 24 hours a day (including sleeping) for the first 6 weeks after surgery, removing them only to shower or to wash them. You may continue to wear the surgical bra or your own bra as long as it is the correct type. This will support the breasts while they are healing and help decrease swelling. The abdominal garment also helps support your abdomen and decrease swelling.
- You will have tape and skin glue protecting your incisions. **DO NOT REMOVE.** Dr. Patel will remove it for you 3 weeks after surgery. If it begins to lift up or fall off, you may trim the excess, but leave the remainder in place.
- You need to sleep in a reclining position, bent at the waist, with pillows under your knees for the first week after surgery. Do not sleep flat. You may sleep in a recliner if you have one with the knees bent.
- You will have swelling and bruising, this is normal. Do not use ice packs on your breasts or abdomen because the skin will be numb and the ice packs may actually cause an injury.

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- You should try to stay active starting the first day after surgery, but limit lifting your arms above the level of your shoulders, and do not engage in heavy exercise or activity until cleared by your surgeon. No lifting anything heavier than 5 pounds. You will also not be able to stand up straight at first until your abdomen heals and the skin relaxes.
- You may not drive until cleared by your surgeon.
- The majority of your sutures will be dissolvable, but you may have one permanent suture below each breast that will be removed by Dr. Patel 3 weeks after surgery
- Do not apply any other creams or lotions to the skin unless instructed to do so.
- You may take Zofran as needed for nausea.
- A responsible adult should remain with you during the first 24 hours after surgery.
- After surgery, please start with sips of clear liquids and advance diet as tolerated. Try to stick to bland, non-spicy foods for the first day until you have recovered from anesthesia.
- Please do not take your pain pills on an empty stomach as this will increase nausea. Please alternate taking Norco and Advil (800 mg) every 2-3 hours so that you have more continuous pain control. Example: Noon take Norco, 3 PM take advil, 6 PM take Norco.
- Please take all of your antibiotics according to the prescription.
- Please use a stool softener, stay hydrated and avoid constipation.
- Your abdomen will be very tight for several weeks, and you will need to stay bent over at the waist. This will gradually stretch out and relax with time.
- Please empty your drain every few hours, or when it is full and place it back to suction. Please “strip” the drainage tube at least three times daily. Always record the amount of fluid when you empty the drain. Please keep a log of the amounts, and bring this with you to your office appointments, as this is how we know when your drain is ready to be removed.
- You need to start walking and taking deep breaths the day of surgery when the effects of anesthesia have worn off. This is to help prevent pneumonia and blood clot formation in the legs. Take deep breaths every hour while awake. Have assistance when walking.

- Avoid vigorous exercise, yard work, vacuuming, or any other activity that requires excessive arm usage for six weeks.
- Please rest with a couple of pillows under your head and shoulders. It is normal to have some swelling. This usually maximizes at 24-48 hours.
- Hematoma, or bleeding, is not common, but can occur early after surgery. When this occurs, the area operated on can become significantly or dramatically bigger, tighter, bruised and more painful. If this occurs, notify the office immediately.
- Call your surgeon immediately at (832) 835-1131 if you experience persistent pain not relieved with pain medication, redness around incisions, foul smelling odor or drainage from incisions or drains, a temperature above 101 ° F, uncontrolled vomiting
- Call 911 immediately if you experience shortness of breath, sudden sharp chest pains (especially if made worse by deep breath or cough), painful respiration, new onset of wheezing without any prior history, or if you experience a seizure without any prior history.
- **ABSOLUTELY NO SMOKING!** Smoking will compromise the blood flow to the surgical area, which will delay the normal healing process.

