Graper • Harper
Cosmetic Surgery
Garrett Harper, MD • **Evon Zoog**, MD

Postoperative Breast Reduction/Mastopexy Instructions

1. Take medications as directed. **DO NOT** take aspirin or any medications containing aspirin for two weeks. If you are taking an antibiotic, be sure to finish it.

2. Report any severe one-sided swelling.

3. It is normal to be fatigued after major surgery. This will improve rapidly.

4. Keep your arms no higher than level with the floor for the first 48 hours. The goal should be to have complete motion by the end of the first week after surgery.

5. When you are not taking pain medication, you may drive when there is no hesitation to make rapid movements.

6. Most patients wait until Dr. Harper/Dr. Zoog has changed their dressing for the first time before they shower. Once a patient has showered, the bra should be replaced and a dressing applied only for comfort or if there is still drainage from the wound.

7. Nipple sensation may be normal, decreased or absent after surgery. Even if the nipple has no immediate sensation, normal feeling often returns after several weeks.

8. Move your legs and feet often to prevent dangerous blood clots in your legs. Taking big breaths and coughing restores normal lung function after anesthesia.

9. Please call our office if you have any questions or concerns.

10. Call our office soon to schedule your first post-op visit on _____.

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