

Post-Operative Instructions / Breast Reduction:

Once your surgery is completed, you should follow all the instructions you are given in order to heal properly and have good outcomes.

The following instructions are your obligations. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

Typical symptoms of breast surgery; and signs to watch for following breast reduction surgery include the following:

- **Tightness in the chest region and stiffness. Tingling, burning or intermittent shooting pain.** These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication and muscle relaxants will help you cope with any discomfort. If you have drains, you may experience additional localized discomfort. Consistent sharp pain should be reported to our office immediately.
- **Hypersensitivity of nipples, or lack of sensitivity.** This is normal and will gradually resolve over time. You may also experience a small amount of fluid or milk seeping through the nipples. If this becomes painful or excessive notify our office immediately.
- **Shiny skin or any itchy feeling.** Swelling can cause the breast skin to appear shiny. As the healing process advances, you may also find mild to severe itchy feeling of the breast. An antihistamine like Benadryl Cream can help to alleviate severe, constant itchiness. If the skin becomes red and hot to the touch, contact our office immediately.
- **Asymmetry; the breasts look different, or heal differently.** Breast may look or feel quite different from one another in the days following surgery. This is normal; no two breasts are perfectly symmetrical in nature or following surgery.

SYMPTOMS WHICH REQUIRE YOU CALL DR. GRACIA'S OFFICE IMMEDIATELY:

1. A high fever, (over 101 degrees) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
2. Any pain that cannot be controlled by your pain medication.
3. Bright red skin that is hot to the touch
4. Excessive bleeding or fluid seeping through the incisions.
5. A severely misshapen breast or bruising that is localized to one breast or region of the chest.

To alleviate any discomfort, and to reduce swelling, you may apply cool, not cold compresses to the treated region. Crushed ice or ice pack must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses, for no longer than 20 minutes intervals.

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