

Address:
2 Medical Center Dr. #206
Springfield, MA 01069

Aparajit Naram, MD
Plastic and Reconstructive Surgery
Hand and Wrist Surgery

Springfield: (413) 794-5363
Palmer: (413) 370-5796
anaramMD.com

40 Wright St.
Palmer, MA 01069

Breast Reduction

At any time, if you experience fever >101 F, fevers, chills, or other concerning symptoms, call our office at the numbers listed at the end of this document.

If you suddenly experience shortness of breath, chest pain, or pain in your calf, you should go to the emergency department.

After Care

- **Day 0:**
 - Leave your dressing and bra/ace-wrap alone.
 - Have someone look after you for the next 24 hrs.
 - Walk around for 5 minutes every hour until you go to sleep at night.
 - Take slow deep breaths throughout the day (inhale counting to 10, exhale counting to 10).
 - For **pain** follow our instructions on safe and effective use of medication for **pain control**.
 - Lifting should be limited to objects weighing equal to a gallon of milk or lighter.
- **Day 2:**
 - Remove your bra/ace-wrap other dressings **except for the paper tape**. You may then take a **shower** (no baths or standing water). The tape over your incision typically falls on its own after ~3 weeks.
 - Continue to support your breasts with either a front fastening sports bra or the surgical bra/ace we placed on you at the end of surgery.
 - Continue to walk and breath as you did on day 0.
- **Day 7-14:**
 - You will have your follow up appointment to evaluate your breasts for infection, blood or fluid collections, or any other issues.
 - You will notice your breasts are still swollen, this is expected for a number of weeks.
 - You can increase your activity level to long walks (around the block outside).
- **Day 14:**

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- You can lift heavier objects as long as you are not straining to do so.
- **Day 21:**
 - You can enjoy aerobic exercise that is low impact (bicycle, elliptical, even gentle treadmill with a supportive sports bra).
 - **Sexual activity** can begin during this time. Avoid direct pressure onto your breasts.
 - You may lift heavier objects, but avoid activity that will place direct pressure on to your breast (avoid lifting large boxes that require you to press the object against your chest to lift).
 - Any remaining paper tape on your incisions can be removed gently.
 - You may begin **Scar Care** on your incisions.
 - If you do not have any open wounds, you may bathe in standing water or swim.
- **Day 42 (week 6)**
 - Assuming no wound complications, you have no restrictions in activity at this point.
 - Your breasts may still be tender or mildly swollen.
- **Week 12 (month 3):**
 - Any significant amount of swelling in your breast has now resolved.
 - Scars and tender areas on the breast can still benefit from **Scar Care** and massage up to a year from surgery.
 - You may be formally refitted for a new bra at this time.

Common issues

Recovery from breast reduction surgery is often straight forward. There are some common issues that patients experience:

Spitting sutures: we use dissolving stitches underneath the skin to minimize the appearance of scars. These stitches take a number of weeks to months to dissolve. If you feel a rough spot along your scar that feels like the end of a fishing line sticking through the skin, this is likely a spitting suture and can be trimmed down in the office.

Scar tenderness: scars take a year to settle. Follow our **Scar Care** instructions to help improve the appearance and feel of your scars.

Open areas: some portions of the incision may not heal together neatly early on. This can be due to a variety of factors. Small areas are often managed easily with soap and water washes daily (or showers) followed by a small amount of petroleum jelly and dressing with dry gauze. The areas will heal in a 2-3 weeks with diligent care.

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Infection: this is uncommon. Signs of infection include sudden redness, pain, and drainage that is cloudy and thick. Fevers may or may not be present. If you are concerned about infection, call our office and we can guide you further. If there is an open area with a small amount of clear or yellow fluid draining, this is usually a normal part of healing and not concerning.

Hematoma/Seroma: at the end of surgery, our goal is to reduce your breast size in a way that makes them as symmetric as possible. All women have some asymmetry between breasts before surgery, and it is normal and expected to have some asymmetry between breasts after surgery as well. If you notice a gradual or sudden change in size of one breast compared to the other, this can be a sign of a fluid collection. If you are having no other symptoms beyond this, call our office during normal hours to set up an evaluation. If you are having additional symptoms such as increased pain, dizziness, or light headedness, you should call us immediately. You may need to have urgent drainage of the fluid which would be done at our Springfield, MA campus.

If you have any further questions or have an issue not addressed in this hand-out, please call our office.

Springfield: (413) 370-8134

Wing: Monday 8AM – 5PM and Wednesday 7:30AM – 4PM call **(413) 370-8134**

Outside of these hours call **(413) 370-5796**

Follow-up: _____

Aparajit Naram, MD
Luanne McCloskey, PAC
Michele Talaia, RN