



Edina: 3300 Edinborough Way Suite 470
Minnetonka: 15450 Highway 7 Suite 225
612-424-2767
www.echelonspecialists.com
info@echelonspecialists.com

Reduction Aftercare Instructions

- While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours. It is advised that you have someone to help you around the house for the first couple days as you will be sore. The breasts often feel swollen and tight. The nipples may have altered sensation. This usually resolves, but may be permanent. Sometimes one breast may be more swollen than the other due to existing scar tissue or other factors. This typically resolves a few weeks after surgery.
- It is important to get out of bed early and often after your surgery to prevent postoperative problems. Please take deep breaths frequently to keep your lungs clear (15-20 per hour).
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
- Please take the pain medication (Percocet) only if you have pain. Take it with crackers, Jell-O, etc. You should need it the first 2-3 days after surgery every 3-4 hours. You can also take acetaminophen (Tylenol) to manage discomfort. If taking acetaminophen, take no more than 4000 mg in a day. Remember that there are 325 mg of acetaminophen in each Percocet, so include that in your calculation.
- Take your antibiotics as directed for one week after surgery.
- Drains will be placed. Dr Camp will see you the day after surgery to check the output. Generally drains will be removed 5-7 days after surgery.
- You will have surgical adhesive tapes in place over your incisions after surgery. This will protect the incisions for 3 weeks. You can shower with the tapes in place. Once the surgical adhesive is removed, one 50 gram tube of Biocorneum® scar gel will be provided to maximize wound healing beginning at week 3. This is to be applied twice daily to the scar for 3 months. This product helps fade the scar and is soothing to the healing area.
- You should wear the ace wrap after surgery. It is advised that you pick up some pads or gauze to place on your incisions, as sometimes the incisions leak yellow or red fluid for the first couple weeks.

(over)

POST OP

Do not lift anything heavier than 20 lbs for 3 weeks

It is good to be up and about to stretch your legs, but keep your heart rate under 100 beats per minute for 3 weeks. Do not run, lift weights, play tennis, or golf for 3-4 weeks after surgery. Do not immerse yourself in water. Showers are fine. Pools, hot tubs, baths, etc., are not advised until after Dr Camp has examined your incisions at your 3 week post op appointment and will advise you on return to these activities.

Please note

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact our office. 612-424-2767 scheduling@echelonspecialists.com

If you develop a fever (oral temperature greater than 100°), redness, and/or increased pain at the surgical incision sites or one breast is significantly more swollen than the other, please text Dr Camp immediately.

It is important to be seen by Dr. Camp at your initial post-op checks. We will schedule your first post-op appointment for you at 3 weeks after your procedure. After that you may schedule followups as advised.

IF YOU HAVE ANY URGENT QUESTIONS, SUCH AS A CONCERN ABOUT INFECTION or FLUID COLLECTION, PLEASE TEXT DR. CAMP 612-208-4179.

If you have general questions about recovery or post-op appointments, please call or text our office at 612-424-2767 or scheduling@echelonspecialists.com.