

Post Operative Instructions

BREAST REDUCTION

1. Please take all medications as directed
2. **DO NOT TAKE ASPIRIN**
3. Always clean your hands before touching or caring for your wounds
4. The day following the surgery remove your bra and you can shower lightly over the dressings (do not remove the dressings). Replace bra after patting area dry
5. Please sleep on your back raised on 2 or 3 pillows. Do not sleep on your side
6. Do not drive a car or lift anything heavy for two weeks. Please restrict your arm movements, and for the first few days try to keep your elbows down at your sides
7. Please rest as much as possible for the first few days after your operation
8. Notify us if there is excessive pain, swelling or bleeding from the breast
9. If there is excessive redness or irritation with your wound/s, or signs of infection, or if you develop a fever above 37.5°, please telephone our rooms on the numbers above. If you are unable to contact us at the rooms, please telephone the after hours number instead

Follow up appointment:

at: Kogarah Rooms Miranda Rooms

If you have any questions or concerns, please contact us on one of the numbers above.

