

**Daniel Careaga, M.D.**  
PLASTIC SURGERY

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**Post-op Instructions**  
**(BREAST REDUCTION W/ LIFT)**

Medications you *MUST* take:

1. **Cephalexin (or Clindamycin)** – antibiotics to prevent infection.
  - Start first dose the night of your surgery day. Take with some food.

Medications you can take *AS NEEDED*:

2. **Hydrocodone** – pain medication, take only as needed every 6 hours.
  - Take this medication with a stool softener (e.g., MiraLAX) as it will constipate you.
  - If pain is controlled, it is best to just take Tylenol instead.
3. **Ondansetron (Zofran)** – anti-nausea medication, take only if needed every 6 hours.
4. **Scopolamine patch** – anti-nausea patch, ok to remove the day after surgery.

**START THE NIGHT OF YOUR SURGERY:**

- Soft diet after surgery: (first day) – you can have chicken broth, shakes, Jell-o, yogurt, applesauce, cranberry/grape/apple juice.
- After having your first meal after surgery you can go ahead and take your medication. (Antibiotics must be taken as directed. Pain medication as well as nausea medication can be taken as needed) you must have a meal first.
- Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side or flat.

**ACTIVITY:**

- **Movement is Important:** Make sure you are up and walking around immediately after your surgery. The best way to prevent blood clots (DVTs) and other complications is to *get out of bed and walk every hour while you are awake!* Get up and walk to the bathroom, to the kitchen, etc. The first few days make sure you walk with someone assisting you in case you get dizzy or fall.
- Please wear your compression stockings for 7 days to avoid blood clots. Stocking can be removed when taking a shower or washing, please make sure to put back on immediately.
- You can drive after day 7 if you are NOT taking any narcotic pain medication.
- Limit your arm use to daily activities such as brushing your teeth, eating, and combing/shampooing your hair. (Reference: Your elbows can't pass your shoulders)

Avoid rigorous movement and do not lift more than 10 lbs. Let pain be your limiting factor. If it hurts, please do not do it.

- Use of surgical bra open to the front needs to be worn for the first 2 weeks, after 2 weeks any sports bra can be used. (No wire or push up bra for the first 2 months)
- You can resume sexual activity in 4 weeks.
- Do NOT smoke, vape or be close to anyone smoking as this will significantly affect healing.
- You can resume exercising in 1 month, you MUST use a **\*High Impact Sports Bra\***.

### **SHOWERING:**

- You may shower with assistance on day 5 after surgery. Avoid water hitting the incision directly but it is ok for soap and water to fall in this area.
- Apply triple antibiotic or Neosporin in the incision area and cover with gauze.
- NO BATHTUBS OR SWIMMING FOR 6 WEEKS.

### **SCAR CARE:**

- Silicone scar cream => 1 Month
  - o Can be purchased in the office.
  - o Can use for the next year.
- Sun protection:
  - o This is the most important part of scar care! Please use sunblock on incision every day if exposed to sun.

### **DO NOT'S**

- **DO NOT** soak in baths, jacuzzies or hot tubs until instructed by your doctor.
- **DO NOT** take Aspirin, Ibuprofen, Naproxen, or other blood thinners until your surgeon advises you it is safe.
- **DO NOT** apply heating pads or ice packs to the treated areas.

### **WHEN TO CONTACT YOUR DOCTOR OR SEEK MEDICAL ATTENTION:**

- Any fever or signs of infection (Any redness or drainage from incisions).
- Any difficulty breathing.
- Excessive bleeding from incision.