

Breast Reduction Discharge Instructions
Dr. Michele Shermak
Johns Hopkins Bayview Medical Center

Diet

- May resume a regular diet.
- A diet low in fat and high in protein enables proper wound healing. In addition, consuming a diet rich in vitamins and minerals is also beneficial. Consider taking a multivitamin.
- Drink plenty of fluids. Dehydration and dizziness is common. This could be easily avoided by consuming fluids.

Activity

- No strenuous activity for 2 weeks.
- No heavy lifting >5 lbs for 6 weeks.
- Walking encouraged. This is an important step in preventing blood clots in the legs which is a serious condition.
- You may return to gym within one month's time to enjoy lower body workouts but avoid upper body workout for an additional one month.

Showering

- May take down dressings and shower on Friday if you have not had a nipple graft.
- Do not submerge wounds in water (such as soaking in the bathtub). Rather, take showers and allow soapy water to run over your incisions then pat dry.
- If you have a yellow bolster in place over the nipple (from a nipple graft), you will need to sponge bathe and keep the breast completely dry until your follow-up appointment. Dove wipes allowing for gentle cleansing.
- If you have drains in place, pin the drains to a belt that may get wet in the shower to avoid tugging on drain sites.

Dressings/Wound Care

- Take dressings down on Friday and then change dressings daily. If you have yellow bolster dressings in place, do NOT remove—you may remove the other dressings as described below.
- The dressing should include either Xeroform (yellow dressing/cloths) or Vaseline petroleum jelly to the incisions then place clean ABD pads before putting on the support bra.
- Wear the support bra at all times.
- You may wash your support bra but make sure to line dry.
- Drain Care (Only if you have drains in place):
 - Strip, Empty, and Record output twice daily. Keep a log of the outputs and bring with you to your follow-up appointment.

Medications

- *Antibiotic:* You will take an antibiotic (Doxycycline or Tequin) for 2 weeks.
- *Pain Medication:* You will have a narcotic (Tylox, Oxycodone, or Dilaudid) to help with pain relief. You can take 1-2 pills every 4-6 hours as you need for pain relief. In addition, you may have been given a prescription for Ibuprofen or Motrin. It is important to take this medication around the clock and with food. This will help with pain and swelling.
- If you take any medications that may affect your bleeding (Coumadin, Lovenox, Plavix, Vit. E, Aspirin, Naprosyn, Anti-Inflammatory medications, and etc.) please discuss the appropriate time to resume taking this medication with Dr. Shermak.

Follow-Up

- Please call the appropriate clinic as designated by your discharge summary to schedule an appointment for approximately one week from your surgery date:
 - Bayview Plastic Surgery Clinic (Gloria): 410.550.5488/ Fax referral if needed to: 410.550.1808
 - Thursday PM
 - Whitemarsh: 443.442.2200
 - Thursday AM
 - Greenspring Station (Chrissy): 410.847.3767
 - Wednesday AM

What to Watch For and When to Call

- You can call our office at any time to speak with Dr. Shermak, if you have questions or concerns at 410.550.5488. In addition, you can reach Dr. Shermak by email at masherma@jhmi.edu. In the event that you should have questions or concerns before or after our office hours, please call the Bayview Operator at 410.550.0100 and ask for the PLASTIC SURGERY RESIDENT on call.
- Call if you develop a fever >101.5 degrees Fahrenheit, you note increased redness or purulent drainage at or around the incision.
- Call if you notice large increases of drain output, particularly if it is bright or dark red and has the consistency of blood.
- Call if you notice asymmetry in swelling of either breast or skin changes (such as the color or texture of the skin).
- Call if you develop a skin rash all over your body as this may be an allergic reaction to one of your medications.
- Seek medical attention if you develop unilateral calf or arm pain/swelling. This could be a sign of a serious condition.
- Seek medical attention immediately if you begin to bleed moderately or heavily from your incisions, you develop chest pain, or develop shortness of breath.

Thank you for choosing Dr. Shermak as your plastic surgeon. We look forward to continuing to care for you. Get plenty of rest and best wishes for a speedy recovery!