



**ARMANDO J. ALFARO, M.D., FACS**

**PLASTIC & RECONSTRUCTIVE SURGERY**

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**BREAST SURGERY  
BREAST REDUCTION/BREAST LIFT  
AFTER CARE INSTRUCTIONS**

- 1. Gauze dressings will be placed on your breasts and covered with an elastic bandage. These are removed 48 hours after your surgery.**
- 2. While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours.**
- 3. You will be prescribed pain medication following surgery. Take the medications as needed for pain.**
- 4. You will be prescribed anti nausea medications following surgery. Take the medication as needed. Discontinue the use of pain medication until the nausea or vomiting is under control.**
- 5. For the 48 hours keep your arm movement to a minimum with your elbows close to your body. Avoid any lifting or reaching for seven days.**
- 6. Small drains may be used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed every 4 hours. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. Usually drains are removed 48 hours after your surgery. You may shower 12 hours after the drains are removed.**
- 7. You will have a clear skin glue dressing (Dermabond) or steri-strips over your incision. This will protect the incision. You can shower with the dermabond on. Apply scar cream (Mederma) to maximize wound healing at 3 weeks. Use the cream for 6 months after surgery.**
- 8. You may wear a camisole but no under wire bra for 4-6 weeks.**
- 9. Avoid any strenuous exercise for six weeks. Full activity may resume at that time. We do encourage walking, which can be resumed the following day after surgery.**
- 10. If you have any questions during office hours, please call our office at (520)-323-9720. After hours and on weekends, you may call our emergency number (520)-570-7023 and the operator will contact Dr. Alfaro immediately.**