



JONATHAN HEISTEIN, M.D.  
PLASTIC & RECONSTRUCTIVE SURGERY

---

## B R E A S T R E D U C T I O N HOME INSTRUCTIONS

### DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

### ACTIVITY

- Take it easy and do not schedule any significant activities for the first 1-2 weeks.
- Weight lifting, jogging, high impact aerobics and vigorous arm activities should be avoided for 3-4 weeks.
- Deep breathing exercises should be done every hour while awake for the first 48 hours.
- Keep your head elevated as much as possible for the first 24 hours (i.e. rest in a reclining chair or sleep with 2 pillows in bed)

### MEDICATION

- ***Do not take aspirin/ibuprofen-type pills unless directed by Dr. Heistein!***
- Take pain medication as prescribed and directed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain (but not in combination with the prescribed pain medicine).

### WOUND CARE

- ***Do not smoke!***
- You may use crushed ice packs around the breasts for the first 24-48 hours after surgery for comfort and to reduce swelling. Do not apply directly.
- ***Do not remove dressings until seen in Dr. Heistein's office.***
- ***After you have had your initial dressing change in the office, then:***
  - Change gauze pads on incisions daily.
  - You may shower. Do not scrub incisions – just let water run over them gently.
  - Wear a sports bra (no underwire bras) at all times except to shower.
  - Remove the outer gauze dressing before showering and then reapply new, clean gauze dressing and then the bra after your shower.

### PROBLEMS

***Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:***

- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- A change in the appearance of your breasts (i.e. if one suddenly appears larger, more painful, or if excessive bruising or hardness is noted).
- ***If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.***

### ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief  
You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.

### SPECIAL INSTRUCTIONS

---

### FOLLOW-UP

- Please call (817)820-0000 today to schedule your post-operative appointment for tomorrow (unless previously scheduled) \*\*Bring a sports bra to your office appointment tomorrow.

---

800 8TH AVENUE, SUITE 240 FORTWORTH, TEXAS 76104  
521 W. SOUTHLAKE BLVD, SUITE 175, SOUTHLAKE, TX 76092  
PHONE 817.820.0000 FAX 817.820.0097