



## Recipe for Success

Welcome to your 24-hour recovery from breast lift or breast reduction surgery!



## Ingredients

- Benadryl plain strength found over the counter in your local drugstore in the allergy section. You may take 2 of the 25 mg.
- A responsible adult to stay with you for 24 hours after anesthesia.
- A positive attitude!



## Directions

Since your incision is around the areola, you will avoid ice. Even though you may feel pretty good after surgery, take it easy for 2-3 days.

**You will go home with an ace wrap bandage over your surgical bra that will stay on until instructed to remove it. At the time given, you may remove the wrap and bra, and then shower. After showering, you will wear the surgical bra only. Do not remove the clear dressings over the incisions. If moisture becomes trapped under the clear dressing, release the lower edge of the dressing and express the fluid.**



## Recipe for today

1. We want you to go home and take a 2-hour nap. Avoid sleeping again until bedtime if possible. Follow your post-op instructions for removing the ace bandage and showering. The shower is magic.
2. Make sure you eat something substantial for dinner. Crackers are simply not enough.
3. If you were going to get sick from the anesthesia, it would have happened within the first 3-4 hours after surgery. If you are nauseous, it is usually because you have taken medicine on an empty stomach, or you are not drinking enough fluids and are becoming dehydrated. We encourage beverages with sugar and caffeine to help jumpstart the system.
4. Try to stay awake until bedtime (10pm) at least. We want you to remain active throughout the day; go out for dinner or a walk, around the mall, etc.
5. Around 10:00 pm, you may be able to remove the Ace bandage if instructed to do so on your discharge sheet. You may take your Benadryl at that time. You will take Benadryl 50 mg at night to sleep for 3 days.



## Recipe for tomorrow morning

1. Get up and eat breakfast. Use the momentum and get out and do something. Walk around the mall, run errands, etc. You may drive as long as you are not taking pain medication.
2. Expect to run out of energy about mid-day. You may take a nap and then try to stay busy until bedtime.

3. Expect to feel tighter and more swollen at the end of the day. This is normal and temporary.

### **Extended care of the scars**

Avoid exposure to the sun or tanning beds for at least 2 weeks as this exposure will stress your immune system and even minimal exposure can result in burns. You must keep your scars covered while in the sun or tanning bed until all redness is gone from the scar. This may take up to a year or more for some incisions. You may use self-tanning preparations after incisions have healed.