

Post-Breast Reduction Surgery Information

Frequently Asked Questions



Your comfort and healing are our top priorities. If you develop breast redness, swelling, fever over 101 degrees, chills, drainage, or if you cannot tolerate your antibiotics, please call the clinic at 407-821-3555.

What will I take for pain?

You will be provided with a prescription for pain medication either at your preoperative appointment or upon discharge from the hospital. The medication is for use after your surgery only. Typically, prescribed medications include an anti-inflammatory, a muscle relaxant, and a medication for nerve pain, and an opioid for breakthrough pain only. It is important to use these medications exactly as directed by your care team.

Will I have a drain in place?

Your surgeon may choose to place drains. Typically, when drains are used, they remain in place for approximately one week. We will determine this at your follow-up appointment after surgery. Sometimes it is necessary to keep drains in place for a longer period. Sometimes a drain is not placed but a compression wrap is applied. You will receive instructions after surgery before being released home.

How long is recovery?

Recovery is expected to be approximately six weeks. It is normal to feel very tired for the first week of surgery due to anesthesia and your body's attempt to heal. By week three, your energy will probably be improved. It is normal to have pain after any surgery and the goal is to reach a tolerable pain level.



When can I exercise?

- For the first six weeks: No lifting, pushing or pulling over 10 pounds.
- After six weeks: Exercise only after complete healing of your incisions.
- You may complete exercises as instructed by our physical therapy department in the provided Patient Guidelines Following Breast Surgery instruction sheet.

When can I shower?

After surgery, keep your dressing dry and in place. Wash around your dressings and drain sites taking care not to wet the dressings. Typically, patients are allowed a full shower after their first postoperative visit.

When I can I drive?

Please do not drive if you are taking narcotic pain medications. We ask that you have a driver bring you to your first follow-up appointment. Do not drive unless you are feeling comfortable enough to drive. When you begin driving again, start with short distances.

When can I start wearing a bra?

This will vary for each person. Your surgeon may place you in a surgical bra or a compression wrap or binder at the time of surgery. Please wear this at all times for six weeks after surgery, removing to shower only.

*Note: ALL information is subject to modification by your surgeon
V.1 1/27/2023*

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.

