

**POST OPERATIVE  
BREAST REDUCTION/MASTOPEXY**

**MEDICATIONS:**

- Allergies: \_\_\_\_\_
- \_\_\_\_\_: Take \_\_\_\_\_ every \_\_\_\_\_ hours if needed for pain. Substitute Tylenol for mild pain. Avoid aspirin and Ibuprofen products. Do not drive or drink while using this medication.
- \_\_\_\_\_: Take one \_\_\_\_\_ times daily for \_\_\_\_\_ days.
- Other: \_\_\_\_\_

**INSTRUCTIONS:**

- When you get home, call for an appointment to see Dr. Hoffman on \_\_\_\_\_.
- If you have drains, do not shower. Take sponge baths until seen in the office.
  - The day the drains are removed, you may shower and wash the wounds with soap and water.
- If you do not have drains, you may shower 1-2 days after surgery.
- Keep head elevated while sleeping - avoid sleeping on your side.
- Do not remove the steri-strip tape, but you may trim them if they start to lift off.
- Keep the dressing dry and clean.
- Wear a bra without any underwire at all times, even at night, for the first week. Do not wear a sports bra.
- No driving or housework for the first week. Do not lift your arms above your head. No exercise, straining or lifting until approved by Dr. Hoffman.
- You may return to work in about 1 week, unless otherwise specified by Dr. Hoffman.
- Call if you experience unusual pain, redness, swelling, bruising, bleeding or sustained fever.

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Patient/Family Member Signature

\_\_\_\_\_  
Date