



NINA S. NAIDU
MD FACS

BREAST REDUCTION INSTRUCTIONS

1. At the completion of surgery, a surgical bra and gauze dressing will be applied. You may remove the gauze dressing and shower the day of surgery. Leave the tape on your incisions undisturbed and pat it dry. Please replace the bra after showering. This bra or a soft sports bra should be worn for six weeks after surgery. Please avoid underwire bras until cleared by Dr. Naidu. If you have drains in place, you may prefer to hold on showering until the drains are removed the day following surgery.
2. Please wear a button-down or zippered shirt on the day of surgery. After you wake up, you will be in the recovery room for several hours until you are awake and able to tolerate liquids. You will need someone available to take you home that evening.
3. Moderate swelling and bruising of the breasts is normal after surgery, and will resolve. In most cases, your results will not be seen for up to **one year** following surgery. If you notice sudden swelling of one or both breasts, please call the office immediately as this can indicate bleeding.
4. Physical activity and heavy exercise should be avoided for two weeks after surgery. Avoid carrying heavy packages or raising your arms over your head for prolonged periods. Do not drive if you are still taking pain medication.
5. You will be given a prescription for pain medication to take after the operation. Please use only as directed.
6. A follow-up appointment should be scheduled for the day after surgery.
7. Please call the office if you have any questions or concerns: 212-452-1230.