

ROD J. ROHRICH, M.D.
PLASTIC SURGERY

BREAST SURGERY
(Reduction/Breast Lift)
AFTER CARE INSTRUCTIONS

1. While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours. You may get up to the bathroom with help only.
2. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
3. If you have pain or discomfort, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medication should not be taken together.
4. For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or to lift anything heavy.
5. Small drains may be used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb every 3 hours. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. Usually, drains are removed 48 hours after your surgery. The drains will not be removed if you have drained more than 30cc within a 24 hour period.
6. You will have a clear skin glue dressing (Dermabond) over your incision. This will protect the incision for 7-10 days. You can shower with the Dermabond on. If you have sutures, they will be removed in 7-10 days and you will wear steri-strips for 3-4 weeks. (We will provide the steri-strips.) Apply scar cream (order from the Epi Center 214/887-1577) to maximize wound healing, beginning at 3 weeks. Use the cream for 6 months after surgery.
7. You may shower 12 hours after the drains have been removed.
8. You may wear a camisole but no underwire bra for 4-6 weeks.
9. All sutures, if present, will come out in 7-10 days.

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AFTER CARE INSTRUCTIONS (continued)**

It is important to be seen by Dr. Rohrich after your initial post-op checks. He will see you in follow-up appointments at 3 weeks, 6 weeks, 6 months and 1 year post-op. Call to schedule your appointments at UT Southwestern Medical Center office at 214-645-2353 or Dallas Plastic Surgery Institute at 214-821-9114 between the hours of 8:30 – 5:00.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL DR. ROHRICH

If you are a patient at one of the facilities below, please call between the hours of 8:30-5:00. If you need immediate care, please call Dr. Rohrich anytime on his cell. There is no such thing as a minor question. I would rather you call me than wonder and not do the right thing, so please call my office, or email me anytime.

Dr. Rohrich's cell: 214-500-4870
Dr. Rohrich's email; rod.rohrich@utsouthwestern.edu
Dr. Rohrich's website: www.drrohrich.com

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