

**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, high in protein, the **next** day.
3. If you have pain or discomfort, take the pain medication every 4-6 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 twice daily or if greater than half full. Please keep a record of what time and how much fluid is emptied from the blub. Bring this record with you to the office appointment. The drains will be removed when the output is less 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.) After all sutures have been removed, begin scar treatment: for the first 6 weeks apply a small amount of Eraclea PURE HYDRATION SERUM over all incisions AM & PM. From 6 weeks to 6 months, use Eraclea INTENSIVE REPAIR and RECONSTRUCTION CREAM over all incisions AM & PM as directed by Dr. Rohrich (see scar care instructions). These products can be purchased at both the UT Southwestern and Park Lane locations.
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. Avoid strenuous activity and lifting of objects heavier than 10 lbs for 3 weeks (keep heart rate less than 100 beats per minute). This includes sexual intercourse and sexual activity.

**BREAST SURGERY (Reduction/Breast Lift)  
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](mailto:rod.rohrich@utsouthwestern.edu)  
Dr. Rohrich's website: [www.drrohrich.com](http://www.drrohrich.com)

Dallas Plastic Surgery Institute  
9101 N. Center Expressway, Suite 600  
Dallas, TX 75231  
214-821-9114

UT Southwestern Medical Center at Dallas  
Outpatient Building  
1801 Inwood Road  
Dallas, TX 75390-9132  
214-645-3119