



Post Operative Instructions

SKIN REDUCTION MAMMAPLASTY

1. Please take all medications as directed.
2. **DO NOT TAKE ASPIRIN.**
3. Keep the dressing dry and intact for 24 hours. After 24 hours you can shower. Remain in the surgical bra unless showering.
4. Please sleep on your back rather than on your side as this will be more comfortable.
5. Please restrict your arm movements, and for the first few days try to keep your elbows down at your sides.
6. Please rest for the first few days after your operation.
7. Notify us if there is excessive pain, swelling, or bleeding from the breast.
8. Please make an appointment to see Dr. Knox as advised.

Other:

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If you have any questions or concerns, please contact our office on 9553 9188.

