

**LINDA M. WATERS, MD F.R.C.S, FACS**

Plastic and Reconstructive Surgery  
723 Emerson St.  
Palo Alto, CA 94301  
Ph 650-328-9646 Fax 650-328-9528

**Breast Reduction Post-Operative Instructions**

1. **Prior to surgery:** You will need to obtain a bra that has a soft cup with no underwire. **Please bring the bra with you to your first post-operative visit.**
2. **Diet:** Start with clear liquids (soup, jello, juices, popsicles, carbonated beverages or water). Advance to your regular diet as tolerated. Constipation caused by pain medication and reduced activity post-operatively may be relieved by increased fluid and fruit, increased walking, milk of magnesia, and/or Dulcolax suppository.
3. **Activity:** No lifting over 10-15lbs is advised for approximately 2 weeks after surgery. Sutures are on the inside of the incisions and the steristrips used on the outside are to be left on until seen and removed by Dr. Waters. Sexual relations may resume at the comfort and discretion of the patient. Usually patients return to work 7-10 days after surgery. Gradually increase to regular exercise after 2 weeks post-op. You may shower when your drains are removed, or as advised by Dr. Waters.
4. **Miscellaneous:** Medication for pain relief should not exceed 8 pills in 24 hours.  
No alcohol for 24 hours or while taking pain medication.  
No driving until 2 weeks after surgery.

Call Dr. Waters if:

You are unable to drink liquids in the morning because of nausea.

You are unable to urinate eight hours after your surgery.

Your temperature is greater than 101.5.

You have heavy bleeding, redness, pain, and/or purulent drainage.

Please go to the emergency room if you feel you need to be seen immediately.

5. **Contact Information:**  
Office (650) 328-9646  
Dr. Waters' Pager (650) 723-8222 ID# 13514  
Dr. Waters' Cell Phone (650) 924-0405