



OHIO PLASTIC SURGERY SPECIALISTS

Dr. Walter L. Bernacki
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Post Treatment Instructions

Post Op Breast Reduction Instructions

1. Drains are to be left in for one week.
2. You must wear the post op bra for one month - except when showering.
3. Shower – you may shower 24-48 hours after surgery. Remove gauze and surgical bra. You may let water run over the breast but not directly on breast.
4. After shower pat breasts dry and reapply surgical dressings and the surgical bra. You may do this 1 time a day.
5. You will be off of work 2-4 weeks depending on the type of employment you have.
6. You should avoid any strenuous exercise for 4 weeks.

Should you have questions or concerns, please do not hesitate to contact our office at (614) 682-5095.

Sincerely,

The Office of Walter L. Bernacki, M.D. and Christopher G. Zochowski, M.D.