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### **Breast Reduction**

- You may remove the wrap \_\_\_\_\_ .
- Tapes will be changed on the first postop visit. You may shower with these tapes.
- Wear a soft cup or sports bra for 4 weeks after your surgery. No underwire due to the temporary numbness that may occur.
- You may resume normal activities in 1-2 weeks.
- No heavy lifting for 4-6 weeks after surgery.