

## **PERI-OPERATIVE SERVICES**

### **Post-Operative Instructions for Breast Reduction**

Wear a soft cotton sports bra 24 hours a day for the first six weeks.

#### **PAIN:**

After your procedure, you may have mild to moderate pain. It can be well controlled with Tylenol™, Ibuprofen or your prescription. Please take as instructed.

#### **OPERATIVE SITE:**

##### **Incision: After 2 days**

- Remove the outer padding and gauze (yellow or red drainage on the dressing is normal). Keep the tapes on the incisions.
- Shower as normal, then pat or blow-dry the dressing tapes dry.
- If there is drainage cover your incision with gauze, sanitary napkin or a disposable lactation pad.
- Wear a sports bra 24 hours a day for 6 weeks and remove for showering and dressing changes. After 6 weeks, you can return to your regular bra.
- The tape will fall off in the weeks to come or may be removed by our team.
- Your sutures dissolve on their own.

Do not swim in lakes, pools or a hot tub for at least 2 weeks.

#### **Swelling and bruising:**

Swelling and bruising will peak in 2-3 days, reducing significantly over the first 2 weeks. Your skin will be slightly tight and your breasts more full during this time.

#### **ACTIVITY:**

- Be up and moving around the house on the day of your surgery.
- Get plenty of rest and resume your regular diet.
- In the days that follow, go out for short errands with a responsible adult.
- Use your hands and arms for light activities such as hair washing, preparing your meals, etc.
- Do not raise your arms fully over your head until instructed to do so.
- Do not exercise your arms or chest with weights or go jogging for 6 weeks.
  
- You may drive once you are pain free and not on any narcotic medications.



- Have a licensed adult drive you and be with you, for your first few trips.
- After 2 weeks, you may return to work if your job does not involve lifting.
- No lifting of anything more than 10 lbs (4.5kg) including children for 6 weeks.
- After 6 weeks you may return to full activities including overhead activities, lifting weights, and running.
- You may find it uncomfortable to wear an underwire bra for approximately 3 months.
- Your breasts will settle into their more natural position over the next 3 months.
- Your incision will fade and soften over the next 18 months.

**DIET:**

Resume your usual diet the day following surgery. Increase the amount of fibre in your diet and drink plenty of fluids to avoid constipation.

**FOLLOW UP:**

If you have any problems or concerns contact your Surgeon. A follow-up appointment card will be given to you before you leave. If you have had Day Surgery, a Day Surgery Nurse will call you the next day.

**ADDITIONAL INFORMATION:**

Call your Surgeon or go to the nearest Emergency Department if you have any of the following:

Signs of infection:

- Grey or green pus- like drainage from the incision.
- Redness that spreads beyond the incision.
- Severe pain that worsens after 3-4 days with no relief with pain pills.
- High fever (38°C or 100.4°F) and/or chills lasting 24 hours, muscle aches and pains (flu-like symptoms).

Signs of blood collection:

- Rapid breast swelling.
- Pain and firmness on one side of your chest.
- Calf pain.
- Chest pain or any difficulty breathing.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands save lives.