PERIOPERATIVE SERVICES

Post-Operative Instructions for Breast Reduction

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 3 days

* Remove the outer padding and gauze (yellow or red drainage on the dressing is normal). Keep the tapes on the incisions. The tape will fall off in the weeks to come or may be removed by our team.
* Shower normally, then pat the tapes dry or blow them dry using a hair dryer on the cool setting.
* 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. You may find it uncomfortable to wear an underwire bra for approximately 3 months.
* Your sutures dissolve on their own. Your incision will fade and soften over the next 18 months.

## 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.
* Your breasts will settle into their more natural position over the next 3 months.

ACTIVITY:

**Do:**

* Get up and move around the day of your surgery.
* Get plenty of rest.
* Go out for short errands with a care partner.
* Use your hands and arms for light activities such as hair washing, preparing your meals, etc.
* After 2 weeks, you may return to work if your job does not involve lifting.
* After 6 weeks you may return to full activities including overhead activities, lifting weights, and running.
* 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.

**Do NOT:**

* Raise your arms fully over your head until instructed to do so.
* Exercise your arms or chest with weights or go jogging for 6 weeks.
* Swim in lakes, pools or a hot tub for at least 2 weeks.
* Drive until you are pain free and no longer taking narcotic medications and have a licensed adult drive with you for your first few trips.
* Do not lift anything over 10 lbs (4.5kg) including children for 6 weeks.

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. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat). You may also purchase an over the counter stool softener like Colace™ or a mild laxative if needed.

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:

Contact your Surgeon or go to the nearest Emergency Department if you have:

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

Signs of infection such as:

* 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.
* Elevated temperature (38ºC or 100.4ºF) and/or chills lasting more than 24 hours.

Signs of blood collection such as:

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

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer, and ask that your healthcare providers and visitors do the same." Clean hands save lives.