

## INSTRUCTIONS AFTER BREAST REDUCTION

### 48 HOURS AFTER PROCEDURE

- A Nurse will come to your home to remove the drains IF YOU HAVE ANY.
- You may remove initial bandage for cleansing.
- You may shower with mild soap and water daily starting the day after surgery.
  1. Provided your drains have been removed.
  2. Ensure incision/dressings/steri-strips are patted dry well.
- You may apply new bandage if you wish.
- If there is oozing from the incisions feminine pads work well.
- Stitches are mostly internal, any that you see we will remove in clinic.
- You may change your supportive wrap to a sports bra and wear it as is comfortable. NO UNDERWIRES OR TIGHT BRAS.
- Avoid stretching, lifting & reaching with your arms as well as strenuous exercises until well healed (3-6 weeks). This includes vigorous breast massage of any sort.

### PAIN CONTROL

- You will be given a prescription for pain pills, if you have minimal pain you may use Tylenol plain or extra strength as they are less constipating.
- Avoid use of Aspirin/Advil etc( anti-inflammatories) for 48 hours after surgery unless otherwise advised.
- If one breast becomes much larger, much more bruised, or is much more painful, please notify our office or call **Health Sciences North and ask for Dr. Fortin (705-532-7100)**.

### SIGNS OF INFECTION

If your incision becomes more red, extremely painful, you develop a fever or have pus in the wound, please contact the office or nearest medical facility for attention.

### BREAST SIZE

- After surgery your breast may feel numb and will be swollen.
- The swelling will gradually decrease over the next 2-3 months.
- Sensation should gradually return also over the next few months.
- Avoid buying any new expensive bras during this time as they may not be sized accurately.

## SCAR MANAGEMENT

- If you wish you may begin to massage the scars, apply scar cream/Bio Oil/Vitamin E or other product 3-6 weeks following surgery.
- The scars will remain red until all healing has completed, this may take several months.
- If you experience thickening of your scars after 2-3 months I recommend reapplying the steri-strips/tape on the incision. Silicone sheets may also be used (these may be purchased online or at select drug stores).