

## INSTRUCTIONS AFTER BREAST REDUCTION

### 48 HOURS AFTER PROCEDURE

- A Home care 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/steri-strips are patted dry well.
- STERISTRIPS SHOULD BE LEFT ON FOR 1-2 WEEKS and then REPLACE for up to 6 WEEKS or switch to the scar kit
- 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

Health Sciences North and ask for Dr. Fortin (705-532-71

### 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 (see below) 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).
- . If you are interested in the scar kit it is able to be purchased from the office. It consists of a reusable silicone sheet to be used as a 'second skin' 23 hours / day for 6 weeks. It should be started after ~ 2 weeks once the incision is clean and dry.
- . If any opening appears along the incision (most common at the bottom centre) then remove all steri strips or silicone and switch to daily cleansing and polysporin. Also advise covering with bandage. Occasionally we will see slow healing in the centre or stitches poking out of the skin instead of dissolving.