

Breast Reduction Surgery

Post-Operative Instructions

Breast Reduction

You are scheduled for a breast reduction with Dr. Appleton. This operation will make your breasts smaller by removing breast tissue and skin. Dr. Appleton may also alter the position and size of the nipple. Dr Appleton will make several incisions on the breast and the location of the scars will be discussed with you prior to surgery. Breast reduction surgery is usually a day surgery.

Prior to Surgery:

- Please avoid ASA or anti-inflammatories (Advil, ibuprofen, Celebrex, etc.) for 1 week prior to surgery. These medications thin the blood and can increase post-operative bleeding.
- Do not shave your armpits for two days prior to the surgery. Razor cuts can become infected.

Day of Surgery:

- Wear loose comfortable clothing to surgery. Wear a shirt that buttons up rather than pulls over your head.
- You will be seen in the Day Surgery Unit prior to the surgery by members of the surgical team. Dr Appleton will perform pre-operative markings on your skin that will act as a guide during your surgery.
- Your surgery will take 3 hours to perform. You will wake up in the Post Anesthetic Care Unit (PACU)/Recovery Room. You will then be transferred back to the Day Surgery Unit where you will be discharged home. This total recovery time takes up to 2 hours depending on the patient. Your total hospital stay will be approximately 7 hours.

Pain Control:

- A prescription for narcotic pain medication will be provided after the surgery.
- Please take an over the counter stool softener (Sennakot or Docusate sodium) with the pain medication to prevent constipation. Increasing your fluid intake and fiber intake will also help prevent constipation.
- You may also take Tylenol and Ibuprofen following your surgery in addition to the prescription narcotic pain medication.
- If the pain medication makes you nauseated, you may take Gravol by mouth or suppository.

Incisions and Dressings:

- Your incisions will be closed with dissolving sutures
- You will have paper tapes directly on your incisions called steri-strips. These tapes will stay on for 7-14 days. Do not pull them off. If they start to curl and fall off on their own, you may remove them.
- There will be an outer dressing over the paper tapes. Remove this outer dressing post-operative day 1-2.
- You may have surgical drains. LHIN nursing will be arranged to help you care for the drains.
- You may shower post-operative day 1 or 2. No hot tubs, swimming, or tub soaking for 14 days.

THINGS TO WATCH FOR:

- **Rapid and painful swelling of the breast**
- **Spreading areas of redness**
- **Drainage from the incision**
- **Foul odor**
- **Increase in pain**
- **Rise in temperature over 100F/38C**

If any of these things occur, please notify Dr. Appleton's office (519-685-8500 ext. 37916) during business hours (8:30 a.m. – 4:30 p.m.). After hours and on weekends, please phone the hospital at 519-685-8500, choose "0" to connect you to the hospital switchboard and then ask to speak to the On-Call Plastic Surgeon at University hospital.

Activity:

- Modify your activity the first night and rest as much as possible. If you have young children, consider staying outside the home or making childcare arrangements.
- Gradually increase your food intake over the first 24 hours.
- No lifting greater than 10-15lb for 1 month after surgery. Avoid pushing, pulling or reaching with arms.
- Stretching is recommended immediately after surgery. Otherwise, you may return to exercise 3-4 weeks following surgery. Use caution and avoid activities that may hurt.
- You may resume driving when you are no longer taking prescription pain medication.

Bra/Support Garment:

- You do not have to wear a bra post operatively. If you would prefer to wear a support garment, you may wear a loose-fitting soft cup bra. A front closing bra will be easier in the post operative period. Avoid underwire bras for the first month post-operatively. Avoid tight fitting bra, tank top, clothing.

The New You!!

- Once your steri-strips are removed, your incisions are nearly healed. You may begin to wear a bra/support garment when you are comfortable. Please keep in mind that the during the first 3-6 months after surgery your swelling will continue to “settle”. Your final cup size will be smaller than it is immediately after surgery.
- For most women, breast feeding after breast reduction surgery is possible. The occasional sharp, jabbing pain, itching and tingling in the breasts for up to 3 months. Sensation of the nipple area may be increased or decreased following your surgery, this is usually temporary.
- There is no increased risk for breast cancer and its detection following your breast reduction surgery. Mammograms may be performed according to the usual protocol.