



REDUCTION MAMMAPLASTY (Breast Reduction)

Immediately after surgery

You will wake up in the recovery room. The incisions will be covered with steri-strips and Fixomul tape to support the breasts, as well as some gauze to absorb any leakage that comes through the incisions. Your nipples should be exposed through a hole in the gauze so the nurses and your surgeon can assess their blood supply. You should be wearing your surgical support bra. A drain will be placed on each side. The drains will usually be removed within a day or two after surgery however, if they have drained excessive amounts of fluid, they may be kept in for longer. You would usually be advised to stay in hospital until the drains have been removed, however if you would prefer to go home with the drains in, then this can be arranged.

It is normal to feel tired and sore for the next 2-3 days. It takes up to 3 months for your breasts to soften and feel more natural. It will also take around this long for them to fall into a more natural shape. The scars will initially seem a little thick and red, but will fade over the next 12-18 months. The feeling in the nipples may not be present for a few weeks and may not be complete for up to 6-12 months.

Daily Activities

We encourage you to resume low-level activities the night of surgery. This includes raising your arms above your head, brushing your hair and teeth and changing your own clothes however, you should remember you have just had a surgical procedure and we recommend taking things slowly and getting lots of rest. Watching television, reading and limited excursions for shopping are all fine, but avoid cleaning your house or going out all day for the first 3 days, as you will tend to wear yourself out and feel the effects the next day. You should not drive for 2 weeks after the operation and if you are a passenger, you should place a pillow between your breasts and the seat belt in case of sudden stops.

Avoid any activity that causes pain or discomfort. Breasts should **not** be massaged or manipulated in any way for the first 4 weeks. You may shower after the first 24 hours after surgery provided the dressings have been reduced and the gauze has been removed by this time. Otherwise, keep all the dressings dry until the gauze has been removed. After showering, leave dressings intact but you should dry them thoroughly with a hairdryer on the cold setting. The dressings will be removed by our nurses at your appointment in the rooms around the second week after surgery. You are then encouraged to keep the incision site supported with tape for a further 4 weeks. If the tape causes irritation, you may use a skin moisturiser such as Bio-oil.

Work may be resumed in 2-5 days (depending on how you feel), provided you are no longer taking narcotic pain medication and feel unrestricted by pain, but avoid physical work and ensure you can get to and from work without the need for you to drive.

Bra

You should wear your surgical support constantly for the first 4 weeks. Please ensure you have purchased your garment before your surgery date, ensuring you bring this to hospital with you, as this will be placed on you whilst in theatre.

Thereafter, you can wear the bra of your own choice though you should continue to wear the support bra when exercising for the next 2 months.



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Exercise

You should avoid all exercise (Heart rate > 100) for the first 3 weeks as strenuous activity may increase your risk of bleeding or fluid collections during this time. For the next week after this, you can return to light exercise and can return to all normal activities and exercise at 4 weeks after surgery.

Wound Care

Steri-strips or tape will remain for the next 2-6 weeks where possible. Thereafter, we recommend use of silicone tape (available from Assure Cosmetic Centre or your local pharmacy) over the scars for at least 3 months to reduce the risk of scar thickening. Avoid direct sunlight to the incision for 1 year. Use a sunscreen with SPF30 or greater.

Medications

Take all medications and oral antibiotics as prescribed. Follow all instructions that may accompany the medications, such as taking with food, avoiding alcohol and driving restrictions.

Photographs

Pre-operative photographs may usually be taken. These do not show your face. They are important aids in planning and performing surgery and become a permanent part of your patient record. Intra-operative photographs may be taken during your surgery if we are required to do so by Medicare. Post-operative photographs may also be taken.

Follow up appointment

Your first visit will be scheduled to see our nurses in the first 3-7 days. You should schedule an appointment to see your surgeon around the 6 week post-operative mark but in necessary, an earlier appointment can be made.

If you develop a sudden onset of pain, fever (oral temperature greater than 38 degrees), breast swelling/redness, nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heartbeat, or rapid breathing:

- **BUSINESS HOURS:** Call our practice immediately on (08) 9380 0333 Monday to Friday 8:30am to 5:00pm; **OR**
- **AFTER HOURS/PUBLIC HOLIDAYS:** Call St John of God Subiaco Hospital on (08) 9382 6111 and request to be connected to your surgeon's mobile and he/she will advise on what steps to take.

Should you not understand any of the foregoing, or should you want further information, please ask. Occasional questions will arise after you have left your consultation. Feel free to call for additional information. If necessary, additional consultation visits can be scheduled. Find out all you need to know. It is our desire that all patients are fully informed.

This information included in this sheet is general information only. Please contact the surgery on (08) 9380 0333 or alternative phone numbers as shown on your appointment card if you have any concerns regarding your post-operative recovery.