Breast Reduction Surgery: Care at Home
Breast Reduction Surgery: Care at Home

Surgery
You have chosen to have a breast reduction (reduction mammaplasty). Your breasts will be reshaped by removing fat, glandular tissue, and skin. An anchor-shaped incision (cut) that circles the nipple downward to the natural curve beneath the breast will be made.

It may leave scars that can be covered by a bra or a bathing suit. Breast feeding may not be possible as surgery removes some milk ducts leading to the nipples.

This surgery is usually done under general anesthetic (you go to sleep). You may need _______ days in the hospital.

During surgery
After surgery

Incisions
Incision lines follow natural body curves
After surgery

- You may have a binder dressing (a tight-fitting dressing wrapped around your chest and back). This will be removed by your surgeon in ____ days.
- You may have Steri-Strips™, pieces of cloth-like tape directly over your incisions.
- A small tube may be used in each breast to drain off extra fluids that may collect after surgery. These drains will be removed on _____________ by your surgeon.
- You will need a soft supportive sports bra. This bra is to be worn day and night starting ____ weeks after surgery.

Discomfort

- You may have discomfort and/or pain. Your surgeon will prescribe pain pills if needed.

Activity

- You may shower when your surgeon tells you it’s OK. **Do not take a bath.**
- Gradually increase your activity as you feel able.
- You may lift your arms gently to comb your hair.
- Avoid straining or lifting over 10 pounds for ____ weeks.
- Avoid strenuous (hard) exercise for ____ weeks.
- Avoid pushing or pulling for ____ weeks.
- Your surgeon will tell you when you can return to work, and do activities like vacuuming and exercise.
Nutrition

- Eat healthy, regular meals. Healthy food will help you heal faster.

Other

You may have a burning sensation in your nipples for about 2 weeks. This will go away as breast swelling fades. Breast swelling and bruising may take 3-6 weeks to fade. It may take 6 months to a year for your breasts to settle into their new shape.

Contact your doctor if:

- You have fever and/or chills.
- You have redness, increased swelling along your incisions, or any discharge from your incision—especially if it has an odour or colour.
- Your incisions separate.
- Pain is not relieved by your medications. This should be reported right away.
- Some patients may develop small sores around the nipples. This should be reported to your surgeon immediately.
Follow-up
Your surgeon will see you for a follow-up appointment in ________________.
Your surgeon may suggest you arrange for help at home for several days after surgery.

For emergencies at night or on weekends, call locating at the QEII (902) 473-2220. Ask to have the Plastic Surgery Resident paged.

Doctor: ________________________

Plastic Surgery Clinic
4th Floor
Halifax Infirmary, QEII
(902) 473-4160

If you have any questions, please ask.
We are here to help you.
Looking for more health information?
Contact your local public library for books, videos, magazine articles, and online health information. For a list of public libraries in Nova Scotia go to http://library.novascotia.ca

Capital Health promotes a smoke-free and scent-free environment. Please do not use perfumed products. Thank you!

Capital Health, Nova Scotia
www.cdha.nshealth.ca

Prepared by: Plastic Surgery
Illustration by: Staff, Capital Health
Designed by: Capital Health Library Services, Patient Education Team
Printed by: Dalhousie University Print Centre

The information in this brochure is provided for informational and educational purposes only. The information is not intended to be and does not constitute healthcare or medical advice. If you have any questions, please ask your healthcare provider.

WS85-0457 Revised May 2014
The information in this pamphlet is to be updated every 3 years.