

2014

# Breast Reduction Surgery: Care at Home



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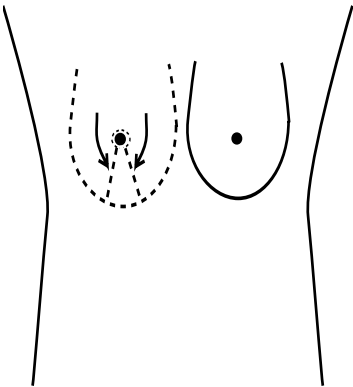
## Surgery

You have chosen to have a breast reduction (reduction mammoplasty). 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.

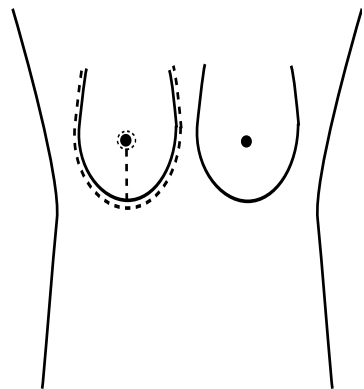
This surgery is usually done under general anesthetic (you go to sleep). You may need \_\_\_\_\_ days in the hospital.

### During surgery



Incisions

### After surgery



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

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