

Dr. Christopher D. Taylor, M.D., Inc
F.R.C.S{C}

Plastic Surgery

#301, 1625 Oak Bay Avenue
Victoria, B.C., V8R 1B1

www.plasticsurgeryvictoria.ca

Telephone: 595-6009
Fax: 595-4077

BREAST REDUCTION MAMMOPLASTY

Pre-operatively:

Please consider the following suggestions as they may help you prepare for both your surgery and your recovery period.

Visit your general practitioner for a pre-operative check up:

Discuss any medications that you are currently taking {including Vitamins}. Some medications increase bleeding and should be avoided for at least ten days before surgery {i.e. Aspirin, Coumadin, Ginger or Gingko supplements}.

Plan for rest and recovery:

You may tire easily for the first few weeks after surgery and will therefore need plenty of rest. In order to protect incisions and promote healing, vigorous activity should be limited for four to six weeks after surgery. {Avoid heavy lifting, stretching and strenuous exercise}. Time off work varies between one and six weeks, depending on occupation.

Obtain supplies:

You will need 4x 4 non-sterile gauze available at most pharmacies. A wireless, sports-style bra is typically the most comfortable. For three to six weeks, raising your arms above shoulder level will be uncomfortable; therefore, a front-closure bra may be the easiest to put on. Choose a size that fits your pre-surgery chest measurement. A suggestion may be the front closure bra at Dawn Fashions (Fort Street in Victoria). Other options are the Addition-Elle Sports Bra (available in sizes 38 – 46), sold at the same name store in Hillside Mall; or the Elita brand sports bra, available in smaller sizes, sold at The Bay and Sears.

Day of surgery:

Generally, patients undergoing breast reduction surgery are admitted to hospital on the day of surgery. It is important that you have nothing to eat or drink after midnight the night before surgery as you will have a general anesthetic. Shower/bath prior to leaving for the hospital and bring your sports bra to the hospital. Wearing a shirt that opens in the front may be easiest to put on/take off.

Post-operatively:

Patients most often go home the day of or day after surgery. The sutures are under the skin surface and will dissolve themselves. Steri-strips {thin tape across incisions} should be left in place for as long as possible {typically 10 to 14 days}. After approximately two weeks, you can start to gently peel off any remaining Steri-strips. If they fall off within the first seven days, replace them with 3M Micropore tape {available at most pharmacies}.

Dressings:

You will be discharged from hospital with a gauze dressing. You will need to apply clean, 4 x 4 gauze dressings to your incisions every day, for the first 10 to 14 days {i.e. after showering/bathing}. This dressing will protect the sutures from your bra/clothing and will absorb fluid from the incision. Your incisions may drain small amounts of blood and/or clear fluid for the first few days. Replace wet/soiled gauze {you may need to change the dressing a few times per day}. This dressing can be held in place with your sports bra. Small gaps/openings in the incision lines may occur; keep these areas clean and dry.

Your sports bra should be worn both day and night, for the initial two weeks. The bra should then be worn daytime only for the next three weeks. Supporting your breasts with the sports bra minimizes tenderness and scarring.

Hygiene:

You may shower three days after surgery. Avoid using soap on/around sutures lines and use a soft towel to pat dry.

Pain:

Your breasts will be firm, swollen and bruised for a few days. Taking Tylenol and Advil(Ibuprofen) regularly may be enough and if not will significantly reduce the amount of narcotic pain medications you need. Sleeping with your arms elevated on pillows minimizes tugging on incisions and may therefore, ease discomfort. Nipples may be numb immediately after surgery and may then become more or less sensitive. Depending on the style of incisions, you may notice puckering at the suture lines. Puckering should resolve within three to four weeks. Approximately two weeks after surgery, when incisions have healed completely, begin gently massaging scars. This may help to reduce both puckering and scarring.

If any of the following occur please notify Dr. Taylor:

- Increased pain
- Increased swelling/redness particularly on one side
- Fever/chills
- Foul odour and/or increased drainage from incisions

Follow-up appointment: A post-operative check-up should be scheduled for approximately 10-14 days after surgery. Call Dr. Taylor's office earlier if unexpected problems/concerns arise.