

Patient Instructions Following Breast Reduction

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Your follow-up appointment will be:

Date: _____

Time: _____

Location: Fracture Clinic (Oakville Hospital main floor) Office (2525 Old Bronte Road, Suite 560)

- You must call the office to make the appointment.
- The appointment has been booked for you.

Bandages and Sutures:

- After surgery you will have a compression wrap around your chest. This should remain on for 48 hours after your surgery and needs to stay dry.
- After 48 hours, you may remove the compression wrap and the large gauze pads underneath.
- Leave the clear dressings (Comfeel) or white tapes (Steri-Strips) that are over the incisions in place. You may shower at that time and let soap and water run over the dressings. Gently dry the dressings that are over the incision.
 - If you have the clear dressings over the incisions (Comfeel), leave the dressings in place until your 2 week follow up appointment. They will be removed at that time.
 - If you have the white tapes over the incisions (Steri-Strips), leave the tapes on as long as they will stay on (usually 3-7 days). Once they fall off, apply polysporin to the incisions daily for 1 week. If they have not fallen off by day 7 after surgery, you may remove them.
- After 48 hours, once the compression wrap has come off, wear a non-underwire sports bra for 6 weeks day and night, unless you are showering. The sports bra should be snug, but not uncomfortably tight.
- Sutures will dissolve on their own. The end of the suture may be left visible and will be trimmed at your follow up appointment.

Pain:

- It is normal to feel some pain and discomfort after surgery.
- You will be given a prescription for Tylenol #3.
- Purchase Extra Strength Tylenol (1000 mg) over the counter as well.
- Taking Extra Strength Tylenol routinely over the first 3 days of surgery is very helpful for pain and usually decreases the need to take Tylenol #3, which is sedating and causes constipation.
- Do not take more than a total of 4g of Tylenol (Acetaminophen) from all sources during a 24 hour period.



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Exercise:

- Gentle walking is safe immediately after surgery and reduces the risk of blood clots. Avoid exercise that raises your heart rate until 3 weeks after surgery.
- Heavier activities such as jogging, weight lifting, and contact sports should be avoided for 4-6 weeks, possibly longer. This will be reviewed at your follow up appointments.

Other Instructions:

- If there is bleeding from an incision, apply direct pressure for a full 10 minutes and if it does not stop, then you will need to see a physician.
- If one breast becomes suddenly larger than the other (i.e. double the size) and becomes firm and tight like a drum, come immediately to the closest emergency department as you may have bleeding.
- If you notice spreading redness or drainage from the incision, you may have an infection. You should contact the office or see your family physician or attend the emergency room at the Oakville Hospital.
- Driving: Generally you cannot drive for 2-3 weeks after surgery, possibly longer. To drive safely you must be off all opioid medications and be able to move normally and react quickly to avoid an accident.
- Scar care: Protect the incision from the sun for at least one year to minimize permanent darkening of scars. After two weeks, massage scars for 1-2 minutes twice a day for 8-12 weeks to improve the scar. Any neutral, unscented moisturizer (e.g. Nivea, Vaseline Intensive Care) or Vitamin E can be used.

This document is meant to help you. If you feel something is unclear in these instructions, or you think something could be added that is helpful, please let Dr. Goekjian know at your next appointment.

Additional Instructions:

Please wear a mask or face covering to the office for your next appointment.



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