

Post-operative Instructions after breast reduction / uplift

AFTER SURGERY

1. Most patients are able to go home 1-2 days after surgery.
2. You may have a drain (tube with an attached bottle) in each breast. It will be removed before you are discharged, usually when the drainage slows down.
3. The dressings will be checked, and if necessary changed, before you are discharged.
4. You will be given simple painkillers to take home.

AFTER DISCHARGE

1. Please wear the support bra day and night for the first six weeks. After this, wear it during the day for the next two months. Avoid underwired bras for the first three months.
2. The dressings need to be kept dry, so avoid baths or long showers until you have been told that the wounds are completely healed.
3. Take simple painkillers (Paracetamol) as needed. Try to avoid painkillers containing Morphine or Codeine. Most patients do not need much painkillers or antibiotics.
4. Continue to wear the TED stockings (supplied by the hospital) until you are back to normal level of activities.
5. In case of any worries or problems, please ring the hospital ward straightaway.
6. To make or change a hospital appointment, please ring the outpatient clinic directly.
7. Please email me at anindyalahiri@hotmail.com for any non-urgent queries.

FURTHER APPOINTMENTS

1. You will be seen in the dressing clinic by the nurses (and usually by me as well) about a week after the surgery. The dressing will be changed and tapes will be applied to the wound.
2. The stitches are usually dissolving and will not need removal.
3. The nurses will arrange to see you regularly until the wounds are completely healed.
4. I will see you at 6-8 weeks after surgery.
5. You will be given paper tapes (Micropore) to apply over the scars for the first three months. Change the tape only when it becomes loose.
6. After this period, gently massage the scars with moisturizing cream and avoid direct sunlight for six months. You can start moisturizing the surrounding breast skin after the first week.

SPORTS & ACTIVITIES

1. Avoid any strenuous exercises or activities, particularly of the upper body and any stretching of the arms for the first 6 weeks. Lower body exercises are OK after 2-3 wks.
2. Driving may be resumed from the second week if you feel comfortable.
3. You can return to normal activities including exercising, jogging, lifting any heavy objects after 3 months.