



Patient & Family Guide
2021

Breast Reduction Surgery: Care At Home



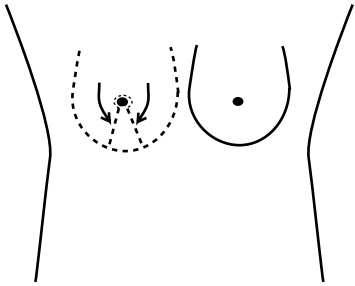
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Breast Reduction Surgery: Care At Home

During surgery

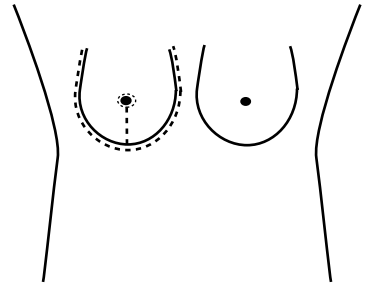
- You are having breast reduction surgery, also called a reduction mammoplasty.
- Your breasts will be reshaped by removing fat, glandular tissue, and skin.
- An anchor-shaped incision (cut) will be made that circles the nipple and goes down to the natural curve under the breast.
- The surgery may leave scars. These can most often be covered by a bra or bathing suit.
- During surgery, some milk ducts in your breasts will be removed. You will likely no longer be able to breastfeed.
- This surgery is usually done under general anesthetic (you are asleep during surgery). You may need to stay in the hospital for _____ days.

During surgery



Incisions

After surgery



Incision lines follow natural body curves

*Dotted lines show where incisions will be

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.
- Rarely, a small tube may be used in each breast to drain extra fluids that may collect after surgery. These drains will be removed on _____ by your surgeon.
(date)

- You will need a soft supportive sports bra. Wear this bra day and night starting _____ weeks after surgery.
- Your surgeon may suggest that you arrange for help at home for several days after surgery.

Discomfort

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

Activity

- Do not shower unless your surgeon tells you it is safe to do so. **Do not take a bath until your surgeon says your incisions are completely healed.**
- Slowly increase your activity as you feel able.
- You may lift your arms gently to comb your hair.
- Avoid straining or lifting over 5 pounds, including children, for _____ weeks.
- Avoid strenuous (hard) exercise for _____ weeks.
- Avoid pushing or pulling for _____ weeks.
- Ask your surgeon when you can return to work.

Nutrition

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

Sensation, swelling, and bruising

- You may have a burning sensation (feeling) in your nipples for about 2 weeks after surgery. This will go away as the swelling in your breasts goes away.
- Breast swelling and bruising may take 3 to 6 weeks to go away.
- It may take 6 months to a year for your breasts to settle into their new shape.

What are your questions?

Please ask. We are here to help you.

Contact your surgeon or primary health care provider right away if you have any of the following symptoms:

- › Breast or chest wall swelling in a short amount of time in the first 24 hours (1 day) after surgery. This could be a sign of hematoma (blood pooling). The breast may keep getting more full and firm, and you may have swelling and a feeling of pressure. This usually happens in one breast or on one side of the chest.
- › Fever and/or chills
- › Redness or increased swelling along your incision(s)
- › Any discharge from your incision(s) — especially if it has an smell or colour
- › Separation (pulling apart) of your incisions
- › Pain that is not helped by prescribed medication
- › Small sores around your nipple(s)

If you cannot reach your surgeon or primary health care provider, go to your nearest Emergency Department.

Follow-up

Your surgeon will see you for a follow-up appointment on _____ .

If you do not have a follow-up appointment scheduled, call the Plastic Surgery Clinic.

My surgeon: _____

Plastic Surgery Clinic
4th Floor
Halifax Infirmary, QEII
902-473-7518

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.