

## Pain

- Use pain medication as ordered by your surgeon. Do not drink alcohol when taking pain medication.

## Follow-Up Appointment

- Contact your surgeon's office to book a follow-up appointment.

## Notify your surgeon or go to the Emergency Department if any of the following happens:

- Fever over 38°C (100.4°F).
- Drainage or redness at the incision site.
- Pain that does not get better even though you are taking your pain medicine as ordered by your doctor.
- Bleeding that does not stop after putting direct pressure to the area for 10 minutes.
- Swelling that does not get better.
- Redness, coolness or bluish black colour to nipple area.

## Besides these general instructions remember also:

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# After Reduction Mammoplasty/Mastopexy Discharge Instructions

## General Information

Reduction Mammoplasty is the removal of excess breast tissue.

Mastopexy or breastlift, is a surgical procedure to raise and reshape sagging breasts.

## Important Points

### Swelling

- Some swelling, bruising, and firmness may occur in the breasts after surgery.
- You can expect some loss of feeling in your nipples and breast skin, caused by the swelling after surgery. This numbness usually fades as the swelling gets better over the next 6 weeks or so.
- You may place a small bag of ice over the upper and/or outer side of breast, to lessen swelling and discomfort. **DO NOT** put ice in direct contact with the skin, nipples, or incision. A plastic bag with ice cubes or a bag of frozen peas placed in a pillowcase or towel works well (do not eat the peas after using as an ice pack).

### Dressings

- After surgery, you may have an elastic bandage or a surgical bra over gauze dressings.
- Keep your dressings dry, until seen by your doctor (unless you are told otherwise).
- Once your dressings are removed, check your nipples and the skin around them for redness, coolness, or bluish black colour.
- Check your incision lines for redness, swelling, or drainage. Report any of these signs to your surgeon.
- Once your surgeon allows you to wear a bra, sport bras are recommended.

## Activity

- For the 1st week, you should avoid strenuous exercise. This helps to speed healing and get a good result from the surgery.
- **AVOID** the following:
  - contact sports (i.e. hockey, basketball, soccer) for 4 to 6 weeks
  - heavy lifting greater than 20 lbs (9 kg) for 4 weeks
  - pushing and pulling movements
- Resume light exercise (i.e. walking, vacuuming) in 2 to 3 weeks.

## Sleeping position

- Raise the head of your bed for 2 days to help reduce swelling. You can do this by using pillows or a foam wedge.
- Avoid sleeping on your stomach until painfree.

## Baths/Showers

- Your surgeon will let you know when you can shower. Until then, you may sponge bath, but make sure to keep your dressings dry.

## Diet

- Remember that a well-balanced diet is important for wound healing.
- Include high fiber and plenty of fluids in your diet to prevent constipation especially if taking pain medicine. Examples of high fibre foods include:
  - grain breads
  - bran cereals (All Bran, Bran Buds, Fruit & Fiber)
  - fruits (prunes, raisins, dates)
  - vegetables (broccoli, corn, beans, potatoes)
- Ask your doctor or pharmacist about a mild laxative or stool softener, if needed.