



Neil J. Wells INC. MD, FRCSC

*Plastic & Reconstructive Surgery
Hand & Microvascular Surgery
Cosmetic Surgery*

BREAST REDUCTION/MASTOPEXY POST-OPERATIVE INSTRUCTIONS

Following surgery, your breasts will be swollen. This swelling will last approximately 2 weeks.

You will have a dressing over the incisions. Check regularly for increased swelling and firmness. Notify your doctor if either develops.

GENERAL ACTIVITY

- Rest during the first 24 hours following your surgery. Gradually increase activity.
- For the first 3 days, prop yourself up with pillows if lying down.
- Avoid all strenuous exercise and physical exertion for 2-3 weeks – confirm this with your doctor.
- Keep your arms at your sides for the first 24 hours. Do not raise your elbows above shoulder level.
- No heavy lifting, pulling or pushing.
- Cold compresses, such as small packages of frozen peas, placed on your chest may help to keep swelling at a minimum and can be soothing.

PERSONAL HYGIENE

- Do not get the dressing wet initially.
- For the first 48 hours, do not have a HOT bath, sauna or sit in a hot tub. These cause you to overheat and increase the risk of bleeding.
- Leave steri-strips on until they fall off.
- You may wash after 48 hours. Remove binding and soak gauze off with water in shower.
- Stitches are dissolving but steri-strips under gauze act as extra stitches so leave them on until they fall off. If after 4 weeks they are still on and bother you, put Polysporin on as it will melt the glue and then shower and they will fall off.
- Tape scars with paper tape for two months.

PAIN/DISCOMFORT

- Pain medication will be provided in the clinic.
- A prescription will be sent home with you.

NOTIFY THE DOCTOR IF ANY OF THE FOLLOWING HAPPENS:

- You have severe pain.
- You feel feverish or run a temperature of over 38° C.
- You injure your chest.
- You have excessive swelling and/or firmness.

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