



Breast Reduction Post Op Instructions

343

PRESTON STREET
SUITE 200
OTTAWA, ONTARIO
K1S 1N4

T: 613.729.1616

F: 613.729.3838

WWW.THEOTTAWACLINIC.COM

The Bra -

Use a soft cotton sports bra for every day wear and to sleep at night for the first four weeks.

Incisions –

After 2 days:

- 1) Remove the outer padding and gauze (yellow or red drainage on the dressing is normal). Keep the tapes on the incisions.
- 2) Shower normally, then pat the tapes dry or blow-dry them.
- 3) If there is drainage cover your incisions with gauze, sanitary napkin or disposable lactation pad.
- 4) Wear a sports bra 24 hours a day for 6 weeks and remove to shower and change dressings. After 6 weeks, you can return to your regular bra routine.
- 4) The tape will fall off in the weeks to come or may be removed by our team.
- 5) Your sutures dissolve on their own.

Do not swim in lakes, pools or use hot tubs for at least 2 weeks

Pain –

Mild to moderate.

Well controlled with Tylenol, Ibuprofen or your prescription.

If you have worsening pain not controlled by your medication, please contact us for instructions.

Swelling and Bruising-

Will peak in 2-3 days, reducing significantly over the first 2 weeks. Your skin will be slightly tight and your breasts more full during this time.



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Activities-

Be up and moving around the house on the day of your surgery. Get plenty of rest but take your meals at your usual table, walk to the bathroom etc. In the days that follow, go out for short errands with a responsible adult. Use your hands and arms for light activities such as hair washing, preparing your meals etc.

Do not raise your arms fully over your head until instructed to do so. Do not exercise your arms or chest with weights or go jogging for 6 weeks.

You may drive once you are pain free on not on any pain medications. Take a licensed adult with you on your first few trips.

After 2 weeks, return to work if your job does not involve lifting. No lifting of anything more than 10 lbs (4.5kg) for 6 weeks. This includes children.

After 6 weeks. Return to full activities including overhead activities, lifting weights, running etc.

You may find it uncomfortable to wear an underwire bra for approximately 3 months.

The Result-

Your breasts will settle into their more natural position over the next 3 months. Your incision will fade and soften over the next 18 months.

Call Our Office with -

-Signs of Infection

Pus-like drainage from the incision, grey or green.

Redness that spreads beyond the incision.

New pain getting worse after 3 or 4 days.

Fever, chills, sweats, aches and pains (Flu-like symptoms).

-Signs of blood collection

Rapid breast swelling, pain and firmness on one side of your chest

-calf pain, chest pain or any difficulty breathing

-Questions not addressed by this handout



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Special Instructions

Schedule Your Follow Up Appointment –

Your appointment has been scheduled for _____.

Please call us at 613-729-1616 to confirm this appointment. You may also contact us with any concerns.

For after hours emergencies -

Call the Queensway Carleton Hospital at 613 721 2000 and the On-Call Plastic Surgeon will be paged.