

**Dr. Trevor M. Brooks MD, FRCSC
Plastic, Hand & Cosmetic Surgery**

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Call our office or go to a Walk in Clinic if you have:

- Fever over 37 degrees
- Yellow, green or foul-smelling drainage
- A large red area around the incision
- An allergic reaction to the medications, or dressings (this could be shortness of breath, a rash/redness, hives, etc.)

Breast Reduction Surgery Post Operative Care Instructions

Dressing/Bandages:

Your dressings applied in the operating room should remain on, dry and in tact for 5-7 days following surgery. You should not shower during this time.

You will see the nurses at Day Medicine (at MHRH 2nd floor) 7-8 days after your surgery for a dressing change. You may shower the day after the nurses see you. Dry the area by patting with a clean towel or allowing to air dry. After each shower place a very thin layer of Polysporin on the incisions. If you have Steri-strips, let them fall off on their own.

There will be bloody drainage on the dressings – this is normal.

If bleeding occurs, hold constant & firm pressure for 10 mins with a clean towel. If bleeding continues and cannot be stopped, seek emergency care and then contact Dr. Brooks to inform him.

Do not submerge the area in water for 3 weeks (no baths, hot-tubs, pools, ocean/lake water). Your sutures are dissolvable and submerging them in water could open your incisions up!

Once the outer dressings are removed the bra you were put in in the OR, or a well fitting support bra (with no underwire) should be worn 24 hours a day until Dr. Brooks instructs otherwise. *If you take it off to launder it, please rest during that time.

Medication: Take your regular medications as prescribed (unless Dr. Brooks has specifically instructed you otherwise). Typically a pain medication and an antibiotic will be prescribed after surgery.

DO NOT DRIVE WHILE TAKING THE PAIN MEDICATION.

Make sure to finish the entire Antibiotic prescription.

Once done the pain prescription, you may use Acetaminophen (TYLENOL) unless Dr. Brooks has instructed you otherwise.

AVOID ADVIL (ibuprofen) and inflammatory meds (Alleve) for the first 4 days.

Return to Work: Most patients are able to return to work 3-4 weeks after the surgery. People with jobs that require heavy lifting may require more time before returning to full duties. We can provide you with a work note.

Your Follow Up Appointment: Between 2-3 weeks after your surgery Dr. Brooks will want to see you again. To ensure you get in within this time frame please call promptly after your surgery to set up the appointment 403-487-0460

Activity:

You should take it easy for the first week, but you NEED to be UP and walking around 4-5 times a day to decrease the risk of blood clots. Do not raise your arms above your shoulders for the first week.

Swelling is normal – for the 1st week keep your torso elevated with pillows while sleeping on either your back or side. Continue on your back or side for the first 4 weeks. If comfortable, you may sleep on your stomach after 4 weeks.

Beginning the second week you may resume a full range of motion with your arms as your pain tolerance permits.

Avoid lifting, pushing, pulling any object heavier than 10 lbs for the first 4 weeks (for reference a 4L milk jug is 9 lbs).

Avoid sexual activity for the first 2 weeks, and then be careful for the next 2 weeks.

Do not do sports, heavy house/yard work, or use exercise equipment until 4-6 weeks after surgery, or Dr. Brooks has given you the go ahead.

You may begin scar massage at 3 weeks (if no open areas to the incision). Use firm pressure & cream (Vit A, Vit E or Aloe are all excellent choices), and push against the direction of the scar (perpendicular).

A high quality Vitamin & silicone scar gel is available at Dr. Brooks's office, but there are many available at most pharmacies over the counter.

Diet: Resume your regular diet. Drink plenty of fluids, but stay away from alcoholic drinks for 1 week and limit caffeinated drinks for 1 week.

Avoid Smoking for 3 months before and 6 weeks after surgery for better wound healing. Nicotine constricts blood vessels.

Sunshine: After 3 weeks if your surgical site is to be exposed to sun, apply sunscreen SPF 45 or higher for at least 1 year to prevent the scar from changing to a darker colour.