

NATHAN STEWART
Dr. Stewart.

BREAST REDUCTION

Immediately after surgery

You will wake up in the recovery room. The incisions will be covered with steri-strips, gauze and Fixomul tape to support the breasts. Your nipples should be exposed through a hole in the dressings to enable assessment of their blood supply. You should be wearing your surgical support bra. A drain may be placed on each side, if deemed necessary, at the time of surgery. The drains will usually be removed before discharge.

It is normal to feel tired and sore for the next 2-3 days. It takes up to 3 months for your breasts to soften, feel and look more natural. The scars will initially seem a little thick and red, but will fade over the next 12 to 18 months. The sensation in the nipples may not be present for a few weeks and may not be complete for up to 6 to 12 months. You may always have altered/changed nipple sensation.

Breasts may appear high, with a flat or square shape at the bottom edge. This is by design as gravity will round this out over 3-6 months. This is to prevent "bottoming out" over the long term.

Breasts should NOT be massaged or manipulated in any way for the first 4 weeks.

Post-operative Activities:

We encourage you to resume low-level activities the night of the surgery, including raising your arms gently above your head to change clothing, brushing your hair etc, however, you should remember you have just had a surgical procedure and we recommend taking things slowly and getting lots of rest. Avoid cleaning your house or going out all day for the first 3 days. Avoid any activity that causes pain or discomfort.

Driving After surgery:

You should not drive for 2 weeks after the operation and if you are a passenger, you should place a pillow between your breasts and the seat belt in case of sudden stops.

Working after surgery:

Work may be resumed in 2-5 days provided you are no longer taking narcotic pain medication and feel unrestricted by pain, but avoid physical work and driving.

Bra

You should wear your surgical support bra for 6 weeks after your surgery 24 hours per day. **Please ensure you have purchased your garment before your surgery date and bring to the**

hospital with you. BreastCare WA provide recovery compression garments and can be contacted on 9361 1300 or by email info@breastcarewa.com.au Visit the website breastcarewa.com.au for more information.

Dressings

- 3-4 days after surgery: You may shower but avoid getting the dressings wet until the gauze has been removed in the first dressing change in my rooms.
- Then you may wet the dressings in the shower keeping the dressings intact but you should dry them thoroughly with a hairdryer on a low setting.
- The dressings will be changed again in my rooms around the second week after surgery. You are then encouraged to keep the tapes on for a further week to support the incision sites.
- After week 3 you may take off the tapes and start using Strataderm silicone scar therapy gel. Ensure your incision site is clean and dry, apply a very thin layer twice per day.

Exercise

Avoid all exercise for the first three weeks as strenuous activity may increase your risk of bleeding or fluid collections during this time. You may resume light activities, such as walking 2-3 weeks after your surgery and all normal activities at 6 weeks.

Medications

Take all medications and oral antibiotics as prescribed and follow all instructions that may accompany the medications, such as taking with food, avoiding alcohol and driving restrictions. Please contact my rooms if you have any issues with your medications.

Photographs

Pre-operative photographs are usually taken to aid in planning and performing surgery and become a permanent part of your patient record. These do not show your face and are completely confidential. Post-operative photographs may also be taken with your permission.

Follow up appointments

Your first visit will be scheduled to see my nurse in the first few days following your surgery for a dressing change, and again around the 2nd week after surgery to see my nurse and myself for a post-operative consultation. You should then schedule an appointment to see me around the 6-week post-operative mark. You will also be seen at the 3 and 6 month mark. This is at no extra cost.

Unexpected problems

If you develop a sudden onset of pain, fever, breast swelling/redness, nausea and vomiting, bleeding, dizziness, shortness of breath, rapid heartrate, or rapid breathing contact me immediately on 08 6373 0116 during business hours or 0417 473 509 after hours.

If any questions arise after you have left your consultation, or should you want further information, please feel free to call my rooms on 08 6373 0116.

This information is general information only. Please contact the clinic on (08) 6373 0116 if you have any concerns regarding your post-operative recovery.

AFTER HOURS: PLEASE CONTACT ME ON MY MOBILE 0417 473 509