

# THE FIRST GLANCE

## BREAST REDUCTION POST OP INSTRUCTIONS

### Supplies to have at home:

- **Your prescription medications**
- **Gravol** (oral medication and suppositories)
- **Stool softener** (ie: Restorolax/Senokot). Used to prevent constipation (start if no BM for 2 days)
- **Polysporin Ointment**
- **Gauze or Pantyliners**
- **Post Operative Bra** (available at clinic) \*Please bring garment with you on day of surgery.

### Rest and Relaxation

- It is ok to lie on your side. Do not lie on your chest.
- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly (ie: running and aerobics)

### Washing

- Remove dressings 24 hours after surgery. Leave your steri-strips in place for 1-2 weeks.
- You can shower. Wash with soap and water.
- Do not soak your surgical sites- no pools, hot tubs, or lake water for 2 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel.

**\*If bleeding persists or one side is becoming much larger than the other,  
see our emergency care instructions below\***

### Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin to your incision lines 1x a day once steristrips are removed.

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## **Bra Wear**

- Wear a non underwired bra for 4 weeks unless otherwise directed

## **Two Weeks After Surgery**

- Begin to massage your incisions with Skin Medica Scar Recovery Gel (available for purchase at clinic), Vaseline body lotion or BioOil. Do not use vitamin E.
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning.

## **Drain Care**

- If drains have been placed, please contact the clinic to have them removed 48 hours following your surgery unless otherwise directed
- When drains are removed a small amount of yellow/pink/blood-tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto drain site daily and cover with gauze or a feminine hygiene pad (pantyliner). Drain site will close in 3 to 7 days

**Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.**

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

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## After Hour Care

If there is a concern about your surgery or your healing, please call The First Glance Clinic at **204-885-1419**.

If the clinic is closed (evenings or weekends) or in case of an emergency please call Dr. Islur 431-302-5177

If after 3 attempts you cannot reach Dr Islur, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053

Take time to rest and recover from your surgery, have a healthy diet and get some sleep.

It is important that you follow these recommendations carefully so we can attain your surgical goals.

Visit [www.drislur.ca](http://www.drislur.ca) for more info