

## After Breast Reduction Surgery (including Gynecomastia)

### Supplies to have at home:

- **Your prescription medications**
  - **Gravol** (oral medication *and* suppositories)
  - **Stool softener (ie: Restorolax/Lax-a-Day/Senokot)**. Used to prevent constipation- **\*\*start if no BM for 2 days**
  
  - **Reactine** (anti-histamine to help with itchiness associated with medications or wound healing)
  - **Compression garment** given day of Pre-op
- \*please bring Garment with you on day of surgery

### Medications:

- Take all medications as prescribed, ensure you finish your entire course of antibiotics even if you do not experience any signs of infection.
- Follow all instructions which may accompany the medications such as: taking with food, avoiding alcohol and driving restrictions.
- Take your pain medication as directed when you get home. You may find these do not eliminate your discomfort 100%, but you will feel more comfortable. Pain is expected, the goal is to make the pain tolerable.

### Immediately after surgery:

Sometimes small drain tubes may have been placed in your breast/chest area to help avoid accumulation of fluids. These will be removed within a few days. If you have drains, you CANNOT shower until these are removed.

If you do not have drains, you may shower after 48-72 hrs. You can remove the dressings at this time but if you have steri-strips in place (small paper tape), leave these on for 2-3 weeks.

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You will be encouraged to get out of bed for short periods of time the day after your surgery.

After several days you should be able to move around more comfortably.

AVOID straining, bending, or lifting - can cause swelling and bleeding.

You may be instructed to sleep on your back to avoid pressure on your breasts.

You may be instructed to wear a sports bra or compression garment until swelling and discoloration of your breasts diminish.

If you are required to wear a **compression garment**, you may be required to wear this for a total of 4 weeks – 2 weeks for 24 hrs hours/day, then for 2 more weeks for 12 hours per day/night (preferably 12 consecutive hours)

Stitches may be removed in stages over a three-week period, beginning one week after surgery.

You may notice that you feel less sensation in the nipple, areola, and chest areas.

Usually temporary, this may take weeks, months or even a year before sensation returns to normal.

Your breasts/chest may also require some time to assume a more natural shape.

Incisions will initially be red or pink in color and eventually fade many months following the surgery.

Breast-feeding after surgery may be preserved, though not guaranteed.

Resume driving when you are no longer taking narcotic pain medication and feel unrestricted by pain.

You may experience nerve regeneration symptoms after your surgery which include:

- Tingling
- Hypersensitivity to nipples
- Loss of sensation to nipples
- numbness
- Sharp shooting pains in and along the sides of your breasts.

These symptoms are normal and may last from a few weeks up to several months after your surgery. You may use ice or cold compresses to the area to help relieve this.

**Scarring:** Do not apply any gels, creams, lotions, or other ointments to incisions for at least 4 weeks post surgery.

Skin Medica Scar Recovery Gel Available for purchase at The First Glance:

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\*Do not sleep with pets in the bed to avoid infection

\*No baths, hot tubs, swimming pools, or swimming in lake water for 4 weeks or until your incisions are fully healed in order to avoid infection

\*Avoid exposure to second-hand smoke for at least the first few weeks after surgery

**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

## **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. Brichacek 204-898-9933**

**If after 3 attempts you cannot reach Dr Brichacek, 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.