

**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°C
- 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 intact for 5-7 days following surgery. You should not shower during this time.

You will see the nurses at Day Medicine Hat (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 minutes with a clean towel. If bleeding continues or 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 incision 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 medication 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 ibuprofen (Advil) and inflammatory medication (Aleve) 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. Dr. Brooks can provide you with a work note.

Activity:

You should take it easy for the first week but you need to be up and walking around 4-5 times/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 first 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 of recovery, you may resume a full range of motion with your arms as your pain tolerance permits.

Avoid lifting, pushing and/or 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 when Dr. Brooks has given you the go ahead.

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

A high quality vitamin and silicone scar gel is available at Dr. Brooks' office, but there are many available at most pharmacies as over-the-counter products.

Sunshine:

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

Diet:

Resume your regular diet.

Drink plenty of fluids.

Stay away from alcoholic beverages for 1 week.

Limit caffeinated beverages for 1 week.

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

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 timeframe please call 403-487-0460 promptly after your surgery to set up the appointment.