



## Breast Reduction & Breast Lift Post-Operative Instructions

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*Your guide to a smooth and confident recovery*

Nursing phone number: 437-494-3536

*Outside of business hours, texting is available on the nursing line. For emergencies, please go to your nearest emergency room.*

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### Dressings & Wound Care

- Keep your dressings **clean and dry for the first 3 days** after surgery.
- After 3 days, you may shower normally over the **water-resistant plastic dressings**.
- Remove any cloth or outer bandages, but keep **steri-strips** in place until your first post-operative appointment.
- Steri-strips will gradually loosen and fall off on their own; all tape should be removed by **2 weeks**.
- All stitches are internal and dissolvable. If a small knot remains visible after 2 weeks, it may be gently trimmed at skin level with clean scissors.
- If any small area drains clear or yellow fluid, wash with mild soap and water twice daily, apply **Polysporin**, and cover with a light dressing.
- Incisions under the breast fold and around the areola can feel firm or lumpy during early healing — this is normal and improves over several weeks.

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### Support Bra

- You will wake up wearing a **supportive surgical bra**. Please wear it **day and night for the first 2 weeks**, removing it only for showering.
- After 2 weeks, transition to a **soft supportive, non-underwire bra**.
- Avoid underwire bras for **6 weeks**, as they can irritate the incision and delay healing.

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### Pain & Medication

- Most patients find discomfort manageable. You may be prescribed:
  - **Tylenol Extra Strength** – every 6 hours
  - **Celebrex (Celecoxib)** – every 12 hours
  - **Hydromorphone** – as needed (no more often than every 6 hours)
- Take Tylenol and Celebrex regularly for baseline relief; use Hydromorphone only if required.
- To prevent constipation, consider:
  - **Colace 200 mg twice daily**
  - **Milk of Magnesia 15–30 cc at bedtime**
  - Adequate fluids and fiber-rich foods

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### Diet & Hydration

- After anesthesia, begin with **clear fluids** (water, tea, apple juice).



- Progress to light foods such as soup and crackers; most patients tolerate a normal diet by the next day.
- If nausea persists, **Gravol** may be taken as needed.

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### Bruising & Arnica

- Bruising and swelling are common and typically resolve within **2–3 weeks**.
- Arnica may be helpful:
  - **Oral pellets:** start 2 days before surgery, continue 3–5 days post-op.
  - **Topical gel:** begin once gentle massage is comfortable; apply **around**, not on, incisions.
- Avoid Arnica if you have a **daisy allergy**.

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### Fever & Infection

- A low-grade fever ( $\leq 37.8^{\circ}\text{C}$ ) on the first day is common. Deep breaths and gentle coughing can help clear the lungs.
- Contact us if you notice:
  - Increasing redness
  - Warmth or swelling around the incision
  - Foul-smelling drainage
  - Worsening pain
- For severe symptoms, visit the nearest emergency department.

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### Scar Care & Massage

- Once steri-strips are off (usually 10–14 days), begin **gentle scar massage** twice daily with your recommended scar gel.
- After one week of gentle massage, increase to firmer circular motions.
- Continue scar therapy for **at least 3 months**.
- Avoid sun exposure or tanning for **4 months** to prevent darkening of scars.
- Silicone sheeting (e.g., Scar Away, Cica-Care) may be used if redness or thickness persists beyond 6 weeks.

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### Mobility & Activity

- Begin **light walking** the day after surgery; avoid prolonged bed rest.
- Avoid lifting anything heavier than **5 lbs** and avoid stretching your arms above shoulder level for **2 weeks**.
- Most daily activities can resume by **4–5 weeks**.
- Exercise typically resumes at **6–8 weeks**, starting slowly.
- Do not drive if you are taking narcotics, feel sedated, or cannot move comfortably.

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### Nipple Sensation & Swelling



- Temporary changes in nipple sensation (increased sensitivity or numbness) are common.
- These usually improve gradually over several months.
- Mild asymmetry in swelling or breast fullness is normal during early healing.

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### Emotional Recovery

It is normal to experience emotional fluctuations in the first few days. Swelling, tightness, and early bruising can temporarily distort the appearance of the breasts. This improves steadily as healing progresses and the breast shape settles.

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### When to Contact Us

Please contact **Aspect Plastic Surgery** if you experience:

- Pain not controlled by medication
- Rapid swelling or a firm, enlarging lump (possible hematoma)
- Redness, warmth, or foul-smelling discharge from the incision
- Fever > 38°C
- Shortness of breath, calf pain, or chest pain

If urgent and our office is closed, please go to **North York General Hospital Emergency Department** or your nearest emergency facility.

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