



Post-operative patient information leaflet for:

Breast reduction - Part 3 of 3

*This is a post-operative patient information leaflet after breast reduction surgery. **Please initial each page**, indicating that you have read it. For information on pre-operative information and the risks and complications of breast reduction surgery, please see parts 1 & 2.*

What to expect post-operatively

Breast reductions are usually performed under general anaesthetic. You are likely to be in hospital for 1-2 days. When you wake from the operation there will be some discomfort, but you will be given pain killers.

Dressings

You will have some dressings on your breasts, and sometimes some drains (plastic tubes attached to suction bottles). These will usually be removed before you go home. A well-fitting, non-underwired bra will need to be worn following surgery.

Recovery

You will be mobile from day 1, and should be back to full exercise within 6 weeks. You are recommended to take 2-4 weeks off work immediately after the operation. This may depend on your occupation. There is likely to be some tenderness and lumpiness of the breasts for several weeks or even months following surgery.

Seeing the results

It can take several months for the swelling to settle, and many months for the final result to appear.

What to look out for

Bleeding after surgery may cause swelling, discolouration and pain, usually on one side rather than the other, and may require a return trip to theatre. Infection initially starts with pain, redness, swelling,

discharge and may cause a fever. A blood clot on the leg or the lung may cause breathlessness, chest pain or swelling and pain in the calf. If the wound is not healing satisfactorily, there may be an increase in pain, tenderness, localised discolouration or discharge. If you have any concerns after your operation that you may have developed a complication, please contact a medical practitioner or go to A&E.



Important contact details for your surgery

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DISCLAIMER:

This document is designed to supply useful information but is not to be regarded as advice specific to any particular case. It does not replace the need for a thorough consultation and all prospective patients should seek the advice of a suitably qualified medical practitioner. The BAAPS and BAPRAS accept no liability for any decision taken by the reader in respect of the treatment they decide to undertake.

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