

When you are coming into hospital for breast surgery

Breast Reduction Surgery

Please purchase ONE well fitting supportive sports bra to wear once initial bulky dressings are removed. The size of this will vary but your surgeon can give you an estimate. Do not buy more than one until the swelling has decreased and a better idea of size is known. These can be purchased from major department stores or specialty bra shops. Recommended brands include Berli or Triumph sports bras.

You must buy a bra with NO underwire. You are advised to wear the bra to provide support and comfort after your surgery, once bulky dressings are removed.

Your surgeon will advise you if you require a special type of bra, other than this, such as a binder bra.

After surgery you may have a drain tube in your wound. Your nurse will remove this approximately 24 hours after your surgery, depending on how much drainage occurs.

Pain Relief: following your operation it is quite normal to experience some pain at your operation site. If required you can take Panadol/Panadeine (2) tablets 4 hourly (maximum dose of 8 tablets per day) or other pain medication as instructed by your surgeon. Please ask your nurse prior to discharge if you have any queries.

It is important that you have a follow up appointment to see your plastic surgeon after discharge. Please ensure you have this appointment prior to leaving hospital.

Remember some bruising, tenderness and a small amount of bloody discharge on the dressings is normal, however persistent pain or rapid swelling should be reviewed by a doctor as soon as possible. If you have any concerns about your wound please contact the hospital on **8345 6666** and ask to talk to one of the nurses on the ward or the surgical registrar.

Driving: once full strength and range of arm movement has returned, you may resume driving. This may take around 2 weeks. Your surgeon will advise you of this.

Your surgeon will remove your initial dressing either before you leave hospital or during your follow up appointment. It is important not to get the initial dressing wet, so it is best not to shower until after this time. This period is usually 5-7 days but your surgeon will confirm the timing. Sponge bathing is advised in the interim.

Once you have seen your plastic surgeon at your follow up appointment, your dressings will be removed and replaced with Mefix tape, which is used to reduce scarring. You can have a shower with this tape on, and you should gently pat it dry after getting wet. It is advisable to leave this tape on until your surgeon advised otherwise. Do not try and dry the tape with a hairdryer as burns may result due to the skin being numb after the operation. Please ensure you are provided with a follow up appointment prior to leaving hospital.