

Follow-Up Appointment

- Contact your Doctor's office to arrange a follow-up appointment.

Notify the Doctor or Go to the Emergency Department if any of the following happens:

- Fever over 38°C or 100.4°F.
- Drainage or redness at the incision site.
- Pain unrelieved by prescribed medication
- Bleeding not controlled by direct pressure to area for 10 minutes.
- Swelling that does not improve.
- Redness, coolness or bluish black colour to nipple area.

Besides these general instructions remember also:

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After Reduction Mammoplasty/Mastopexy

Discharge Instructions

General Information

Reduction Mammoplasty is the removal of excess breast tissue.

Mastopexy or breastlift, is a surgical procedure to raise and reshape sagging breasts. Over the years, factors such as pregnancy, nursing, and the force of gravity may cause the breasts to lose their shape and firmness and begin to sag.

Important Points

Swelling

- Some swelling, bruising, and firmness may occur in the breasts after surgery.
- You can expect some loss of feeling in your nipples and breast skin, caused by the swelling after surgery. This numbness usually fades as the swelling subsides over the next six weeks or so.
- You may place a small bag of ice over the upper and/or outer side of breast. Do not place the ice on the nipples or incision. Do not put ice in direct contact with the skin. A plastic bag with ice cubes or a bag of frozen peas placed in a pillow case works well.

Dressings

- After surgery, you may have an elastic bandage or a surgical bra over gauze dressings.
- Keep your dressings dry, until seen by your doctor (unless your are told otherwise).
- Once your dressings are removed; observe nipples and skin around nipples for redness, coolness, or bluish black colour.
- Check your incision lines for infection (redness, drainage). Report any of these signs to your doctor.
- Once your doctor allows you to wear a bra, sport bras are recommended.

Activity

- For the 1st week, you should avoid strenuous exercise. This helps to speed healing and obtain a good result from the surgery.
- **AVOID** the following, for a minimum of 3 weeks:
 - contact sports
 - heavy lifting (i.e. children, groceries)
 - pushing and pulling movements

Sleeping position

- Elevate the head of your bed for 2 days to help reduce swelling.
- Avoid sleeping on your stomach until painfree.

Baths/Showers

- Your doctor will advise you when you can shower. Until then, keep your dressings dry.

Diet

- Remember that a well-balanced diet is important for wound healing.
- Include high fiber and plenty of fluids in your diet to prevent constipation especially if taking pain medicine. Examples of high fibre foods include:
 - grain breads
 - bran cereals (All Bran, Bran Buds, Fruit & Fiber)
 - fruits (prunes, raisins, dates, bananas, apples)
 - vegetables (broccoli, corn, beans, potatoes)
- Ask your Doctor or Pharmacist about a mild laxative or stool softener, if needed.

Pain

- Use pain medication as ordered by your doctor. Do not drink alcohol when taking pain medication.