



# Post Operative Care Breast Reduction

# Perfecta Cosmetic Surgery

## The North's premier plastic surgery clinic

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### Breast Reduction

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#### Your package of care

All of your after-care is provided as part of your package of care, so you don't have to worry about a thing. When you are ready to go home, the nurses will give you an appointment for your first check up a week later. Our nurses will arrange to see you again for as long as you need. You will see your Consultant Plastic Surgeon 3 months after surgery. If you have any problems in between appointments then don't worry, just give us a call, speak to the nurses and come back to see us.

#### When can I go home?

Most clients go home the same day, once you feel ready. Some choose to stay overnight and go home the next day – you choose.

#### Dressings, tapes and massage.

We use showerproof tape dressings after your breast surgery. Continue with the tape for four weeks. After four weeks remove the tape and massage the scar every day with Bio-oil, (*which you can find at Superdrug and supermarkets*). Massage your breasts in the shower with shampoo or shower gel. This is a great way of getting to know the feel of your new breasts and of helping them settle down more quickly.

#### Can I shower after my procedure?

Yes you can shower from day one. We encourage you to shower and wash your hair every day after surgery. The dressings we use are showerproof and are designed to get wet. After showering simply dab your dressings dry with a towel before putting your bra back on.

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Procedure information & post operative care - Breast Reduction.

## What sort of bra should I wear?

Wear a lycra-rich sports bra 24/7, (*all the time you are not in the shower*), for the first 3 months - the front zip ones are the best. Wait around 3 months before buying new nice bras to allow your post-operative swelling to settle.

## When can I return to normal activities and work?

Please gently return to all your normal activities straight after your procedure. Washing your hair is great physiotherapy for your arms and shoulders after breast surgery. Most of our clients are back to most things, (*including work*), a week or two after breast surgery and are back to everything, (*Including the gym and exercise classes*), in a month. You can drive as soon as you feel safe and able to do so. Most of our clients drive themselves back to their appointment one week after surgery and go back to work the week after.

## When can I go on holiday?

This is a common question in clinic, particularly leading up to the summer. You could travel the following day if you need to. However it would be sensible to wait a couple of weeks. Most patients settle well and without any problems after breast surgery. However if you do have any issues then it is nice to be able to pop in and see us.

## Sun protection and skin conditioning.

Your chest will be more sensitive in the sun for a while after breast surgery. Look after yourself in the sun, particularly in the first six months after your procedure. Factor 50 suncream and lots of moisturising cream, (*or Bio-oil*), are helpful.

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