

Continued from previous page ....

### Aftercare

Avoid wearing tight clothing that may rub against the wounds.

Wear a good fitting **non-wired** bra, (your Consultant will advise you), day and night **for 4 weeks** following your operation.

Once the swelling has gone down and your stitches have been removed, you need to be professionally measured and fitted for a new bra. Some department stores can assist you with this.

### Contact details

**Dressing clinic:** **0151 430 1285**

**Community Nurse:** **0151 290 2030**

This leaflet can be made available in alternative languages/formats on request.

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Produced by Plastic Surgery Unit

## Mersey Regional Plastic Surgery Unit

**Ward 3A: 0151 430 1520**

**Advice**  
**for patients following**  
**breast reduction**  
**surgery**  
**Patient Information**  
**Leaflet**

**Whiston Hospital**  
**Warrington Road**  
**Prescot L35 5DR**

## Dressings

- If you have a dressing or tapes in place, please keep them clean, dry and undisturbed until your next dressing clinic appointment or visit from the Community (District) Nurse.
- If you need a visit from a Community Nurse before you go to dressing clinic, one will be arranged for you and you will be given **7 days supply** of dressings to give to the Community Nurse.
- The Community Nurse may visit you in your home or you may be asked to attend your GP surgery. The Community Nurse will arrange this with you.

**Please ensure hands are cleaned thoroughly if you or someone else needs to touch your wound at any time**

## Exercises

- If you have been given exercises to perform by a Physiotherapist, it is **very important** that you continue to do them as you were shown.
- Please **limit your activities** following your operation to those which do not cause you any discomfort.
- Avoid swimming and aerobics for **6-8 weeks** following your operation.
- Avoid crowded places where you could be knocked or pushed, for **2 weeks** following your operation.

## Problems

Please contact the ward should you have any of the following problems:

- Hardness to the breasts

- Swelling
- Areas on the breasts which feels hot to touch and looks inflamed
- A green/brown smelly discharge which comes through the dressings
- Worsening pain which is not relieved by taking pain killers
- Pain around the stitch lines or nipples
- The dressings fall off.

## Dressing clinic

You will be given an appointment to attend dressing clinic.

**It is very important that you keep this appointment**

The telephone number for the dressing clinic is:

**0151 430 1285**

Please contact the clinic straight away if you will not be able to keep your appointment.

If an ambulance has been arranged for you to return to the dressing clinic, **please be ready 2 hours before** your appointment time. This is because ambulances sometimes collect patients early and cannot wait for you to get ready.

## Aftercare

The nurse in dressing clinic will inform you when your wound(s) are completely healed. Once completely healed you can begin to wash the areas with a mild un-perfumed soap and pat dry with a clean towel. You will be shown how to massage the area twice a day with a moisturising cream.

Keep your healed area out of the sun or apply a total sun block for at least the next 2 summers as newly healed skin burns very easily in hot sun.

**Continued overleaf .....2**