

Dr. Celine Yeung

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Breast Reduction Post-operative Care

1. Activity:

- a. Sleep with the head of the bed elevated (prop pillows for elevation) for the first week to minimize swelling and pain.
- b. No heavy lifting, pushing, pulling, rigorous exercise for 6 weeks.

2. Surgical bra:

- a. Please bring a surgical bra that opens at the front to your first post-operative appointment.
- b. You will need to wear this for the first 6-8 weeks after surgery. No wired bras during this time period.

3. No drains are used.

4. Pain control:

- a. Keep on top of your pain by taking acetaminophen extra strength (1g every 6 hours) and ibuprofen (if you are able, 400mg every 4 hours with food) regularly even if you do not feel pain.
- b. Take the prescribed narcotic only for breakthrough pain.

5. Scar management:

- a. Please wait until 3 weeks post-surgery before beginning scar massage
- b. At 3 weeks post-op, place a dab of Vaseline (or any moisturizing cream or silicone gel) on the scar and apply firm pressure back and forth along the scar until it blanches.
- c. Please do the scar massage for a minimum of 10 minutes, 3 times daily.
- d. Whenever you are not doing the scar massage, you may choose to place silicone gel sheets (e.g. Cicacare) on the scar itself. This can be kept on for 7 days.

6. Follow-ups:

- a. You will see Dr. Yeung at 1 week post-op, 4 weeks post-op, 3 and 6 months post-op.
- b. If you develop increased redness/swelling/pain around your breast, fever or chills, please go to your nearest Emergency Department for an assessment.