

Patient Post-Operative Care Information

Professor V V Ramakrishnan (VVR)

Additional Patient Care Advice

Breast Reduction

Following your planned discharge, please ensure the following are adhered to, in order to optimise the healing process, unless otherwise instructed to by VVR :

For the 2 weeks following surgery:

- Absolute rest – caring for yourself only
- Sit and sleep propped upright (advise -extra pillows)
- No lifting, stretching, pulling or pushing – keeping arms close to body e.g no housework or lifting children
- No driving
- Supplied supportive bra to be worn for 6 weeks day and night – remove only when showering
- Shower daily using your usual non scented shower gel / soap, wash yourself including your breasts and tapes (dressing).
- Pat dry with clean towel, moisturise all breast area, reapply bra.
- It is expected that you will attend a follow-up appointment for check-up with a nurse after 1 week**
- It is expected that during a follow-up appointment after 2 weeks with VVR, breast tapes removed, dressings assessed and care advice provided. Continue wearing supportive bra**
- It is anticipated further appointments are carried out during the 6 week post-operative period in order to review recovery, activities and return to work

6 weeks post- op

- Hospital supportive bra may be replaced by a patients sports bra
- No bra's with underwire to be worn for 12 weeks
- It is anticipated that normal activity will be resumed, including swimming and gym work

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- Timeframes on returning work / resuming normal activities will be re - confirmed once reviews have taken place**
- AVOID SUN EXPOSURE FOR 1st YEAR**