



Breast Reduction and/or Mastopexy Post Operative Instructions

You will need to sleep on your back for 2 weeks if you can. Avoid any activity that puts stress on the wounds, this includes raising your arms above your head, lifting and twisting etc. Try using pillows or cushions to prop yourself up. You should avoid driving for at least 2 days.

To help decrease the amount of bruising and swelling, we suggest that you take Arnica for one week prior to surgery and two weeks afterwards.

The sutures will dissolve. You will have a dressing on the breasts, which will stay in place for at least 5 days and will be removed at your first follow up appointment. Please keep the area dry.

Avoid strenuous exercise or anything that is likely to increase your blood pressure, particularly within the first 10 days, otherwise exercise can be resumed in 4-6 weeks.

Please avoid taking aspirin/anti inflammatories as these can cause bleeding. You may recommence your usual medication as soon as you can eat or drink unless otherwise advised. We suggest that you take regular pain relief following surgery, but please be aware that some painkillers can cause constipation.

You may notice changes in nipple and breast sensation; this is normal. It is fairly common for the skin above the incision to feel slightly numb for some months, and this rarely extends to the nipple. Some patients describe increased sensation, which can last for two or three months.

Scars will improve within a few months of surgery; they are noticeable initially, but will assume normal skin colour in time dependent upon the healing characteristics of the individual. Once your dressings have been removed at your follow up appointment, you will be advised on how to best care for the area.

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