

Post Operative Advice Breast Reduction

- You will return from theatre with a dressing under your breasts and over your nipples. You may have a drain tube attached to a small bottle on either end of the suture line. This is usually removed within 24-48 hours. You may also have a binder around your chest for support.
- You will usually be in hospital for 1 -2 days dependent on your recovery. Your dressings will be changed in hospital before discharge and an appointment will be made to have a check up in 7 days and change the dressings again. You may notice a certain amount of discharge on the dressings, this is quite normal. If however there is blood or the dressings are leaking, you should contact the hospital to have these changed. The sutures will be removed the following week. When the suture line is dry, it will be left open to be massaged and moisturised.
- If your dressings are waterproof, bathe as usual, patting dressings dry. If these dressings leak or become wet, remove them and cover the wounds with a clean, dry dressing or contact the hospital or A/Prof Coombs' office.
- You should be aware that some bruising and swelling is to be expected and this will resolve between 3-12 weeks.
- Avoid wearing a bra for the next 2-4 weeks. A bra top, fastening at the front, should be worn at all times for support, until your next appointment. These are available from A/Prof Coombs' office.
- Avoid heavy lifting or exercise involving the arms until instructed otherwise.
- Following your surgery, rest as much as possible, to assist in your recovery.
- If you experience pain, take Panadol or Panadeine, or your prescribed medication. If this does not provide adequate relief, please notify us.
- Report any excessive swelling, discomfort or bleeding. If you have any questions regarding your recovery, please contact the Brighton office of A/Prof Coombs on 03 9591 0714.

A/Prof Christopher Coombs
FRACS (Plast)
Plastic, Hand & Cosmetic Surgery
Chief, Plastic & Maxillofacial Surgery
Royal Children's Hospital
Melbourne, Australia

883 Hampton Street
Brighton 3186
Tel: 9591 0714
Fax: 9593 3514

 Member
Australian Society
of Plastic Surgeons