

Breast reduction surgery

These instructions are intended for printing. The instructions contain sections to be filled in.

The purpose of breast reduction surgery is to help relieve the symptoms caused by overlarge breasts or to make breasts that are different sizes more symmetrical.

Procedure

The operation is performed under general anaesthesia and involves removing glandular tissue, fat and skin. At the same time, the nipple is lifted to a new position.

Recovery

During the operation, drains may be inserted in the breasts to allow any blood and tissue fluid to drain away. The drains are usually removed the next day at your local health Centre. Avoid strenuous exercise and carrying during your sick leave. Two weeks after the operation, you may exercise without restriction if you feel well enough. Contact us if the color of your nipple or areola is atypical, your breasts feel tight or there are blisters on your skin!

Wound care

Your wounds are protected with surgical tape. Replace any loose and dirty tape with clean ones. The tapes should be replaced at least once a week in any case. You may take a shower the day after the operation. However, sauna and swimming are not recommended until your wounds have healed.

Surgical tape (Micropore) is used for 1 to 2 months. The tape protects the wound from chafing and supports the wound edges. Surgical tape may also help to prevent the formation of excessive scar tissue.

The stitches may be either dissolvable or non-dissolvable. Dissolvable stitches will be removed on ____/____ in outpatient care. One or two weeks after the operation, if your stitches are dissolvable, you may remove the stitch material from them yourself.

Post-op bra

You will need to wear a post-op bra around the clock for at least one month (apart from when washing yourself). After this, we recommend you wear a post-op bra for another month, for example, when exercising. Instead of a bra provided for you by the hospital unit, you may also use another supportive bra (such as a sports bra).

Pain management

Ordinary painkillers will be sufficient to treat the pain.

Paracetamol

Anti-inflammatory painkiller

Strong painkiller

Follow-up check 1 to 2 months later

Sick leave 4 weeks

Contact us if your wound bleeds profusely, if you have increasing pain, heat, redness or swelling of the breasts, purulent discharge from the wound or if you have had a fever of more than 38 degrees (Celsius) for 24 hours.

Day Surgery Unit on weekdays 07.00–15.00, telephone 06 213 1552

Your own health Centre/occupational health clinic

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117