

CHEST/BREAST REDUCTION POST- OPERATIVE INSTRUCTIONS

- Rest and avoid strenuous physical activity for the first week and this will significantly reduce your bruising.
- Place an extra pillow under your head at nights for the first week.
- Avoid excessive use of your arms for the first three weeks.
- Applying ice to your chest for the first 48 hours often reduces the discomfort. You can use an icepack, a wet facecloth placed in the freezer, or a bag of frozen peas or corn.
- You will have a light dressing over your chest/breast following surgery. This may be removed at two days. Beneath the dressing there are tapes over the cuts.
- You should wear your compression garment for four weeks following this surgery.
- You may begin showering at 5 days using an antibacterial soap (Dial, Hibitane). Do not remove the tapes but allow them to peel off by themselves which usually happens by two weeks.
- If your scars will be exposed to sun, regular use of sunscreens such as **AlumierMD** with an SPF of 40 is recommended for several weeks afterwards. This can be purchased through our office.
- Do not use Vitamin E cream in the first six weeks or you may widen your scars.
- There is some evidence that your scars may be improved by taping them continuously for about three months. Use 3M Micropore 1 inch paper tape and apply it along the length of the scar wearing it night and day and changing it as necessary. This is optional but you may find it n helpful. Scars occasionally will become raised and red. If this is happening to your scar you can try using silicone. This product comes in either liquid form or as a sheet, and is available at the front desk. If your scar is becoming a problem please discuss it with Dr. Demianczuk.
- **You should call Dr. Demianczuk's office 604-806-6360 if you have:**
 - bleeding, increasing pain, pus in your surgery area, fever, or increasing swelling of your breasts particularly if this is more on one side than the other. If it is after hours (after 5 pm, or weekends) please call St. Paul's Hospital 604-682-2344 and ask to speak to the Plastic Surgeon on call.
- You received medicine for sedation. You **MUST NOT** operate motor vehicles, boats, power tools, or machinery for 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours. We suggest that a responsible adult be with you following surgery for the rest of the day and night.

PRESCRIPTION :

- Tramacet 30 tabs, take one to two tablets every 4 to 6 hours as necessary for pain. Avoid driving or taking alcohol while using this medicine.
- Antibiotics_____ Other medicines_____

FOLLOW- UP APPOINTMENT: _____

SPECIAL INSTRUCTIONS: _____