



CANADIAN PLASTIC SURGERY CENTRE

Breast Reduction Surgery **Post-Operative Instructions**

- Cephalexin or clindamycin are antibiotics that have been prescribed for you. Please start taking the antibiotic immediately following your surgery as prescribed and ***until finished***.
- The pain medication prescribed to you will either be Oxycodone, Percocet or Dilaudid (hydromorphone). You can take 1-2 tablets every 4-6 hours as needed. Please also take Colace, a stool softener, while you are taking narcotic medications to prevent constipation.
- Do not drive for 24 hours after the procedure or until you have stopped the pain medication.
- You will be going home with Tensors. These should be worn for 72 hrs. Afterwards you can switch to a sports bra for support. You will have to wear it for up to 6 weeks, depending on your healing. You should wait 6 weeks until all the swelling has settled before you purchase custom-sized bras.
- In 48hrs, you should take a shower. Remove your support bra and the gauze covering your incisions and allow soap and warm water to run over your incision sites while showering.
- Steri-Strips and a plastic waterproof dressing will cover the incision area. Please do not remove this dressing. The dressing will be changed at your 1-week follow-up appointment. **If the plastic dressing opens up and gets soaked with water, please remove the top plastic layer and leave the paper strips to cover your incision sites even when showering.** You can pat dry these paper strips or gently blow dry them at a low heat setting. The paper strips will fall out over time.
- Please no tub bathing/swimming and or submersing your incisions in water until your incisions are completely healed and stitches are removed 2 weeks after surgery.
- You are allowed a 1-hour break daily from wearing your supportive bra. You can use this time to shower and relax in bed. You should wear your bra with all activities.
- You must AVOID heavy lifting and sudden/quick arm movements. NO reaching for or holding heavy items above your head.
- No exercise for the next 3-6 weeks or as advised by Dr. Chivers or his nurse.
- Please do not expose the incision site to the sun for 6 weeks, as it will cause darkening of the incisions.
- Swelling, bruising, and pain are expected and will improve in 6-8 weeks.
- Ice packs can be used to help alleviate pain and swelling. Do NOT apply ice directly on the skin. Avoid using hot compresses.
- **For several days after the surgery, you will be at risk of fainting. If you suddenly feel hot and begin to sweat, lie down and bend your knees. Cold compress on the forehead/ neck can help relieve these symptoms. Drink plenty of fluids to prevent this.**
- **If you suddenly experience severe pain, swelling, and/or bruising in one breast please call our office immediately. This can be indicative of a hematoma.**

If you have any questions or non-emergent concerns, please call our office at: (416) 244-8377, Monday-Friday 9 am-6 pm, or email us at info@canadiansurgery.com.

**For emergencies, please call Centenary Hospital Locating at (416) 281-7111 and ask to have Dr. Chivers paged. If necessary, then proceed to the Centenary Hospital Emergency where Dr. Chivers can meet you.*

Patient Initials: _____