

WHAT IS A BREAST REDUCTION?

A breast reduction is a procedure that reduces breast size of one or both breasts by removing excess breast tissue and skin through a small anchor shaped incision. It involves repositioning the breasts and nipples to a more anatomically correct position. A breast reduction decreases the breasts by at least one cup size, lifts the breasts and makes the areola smaller.

Loss of skin elasticity, weight changes, pregnancy and breast-feeding are all factors that can cause your breasts to lose firmness and change their shape over time.

Breast reduction surgery may be right for you if you feel that your breast size interferes with your daily activities and/or are self-conscious about the size and position. You may also have deep grooves in your shoulders and trouble finding clothes that fit. The surgery can also help relieve back, neck, and/or shoulder pain.

If you are pregnant or breast-feeding, you will want to wait for one year to allow your breasts to return to pre-pregnancy size. Since the milk ducts and nipples are left intact, breast reduction surgery usually will not affect your ability to breast-feed in the future. However, you should discuss this with Dr MacDonald.

PRE-SURGERY CHECKLIST

1. Prescriptions filled before surgery and Tylenol
2. Dressings (gauze or maxi pads/panty liners works well)
3. Antibiotic ointment (Polysporin) or Vaseline
4. Q-tips
5. Paper tape
6. Ice packs
7. Stop the use of all anti-inflammatories 2-weeks before and 2-weeks after your surgery. (Tylenol is fine to use)
8. Sports bra that zippers in front
9. Book an appointment to see Dr MacDonald after your surgery

AFTER SURGERY

1. You can shower two days after surgery. In the shower, peel off the dressings and tapes. Dry and then reapply ointment and a light dressing and put on bra or rewrap the tensor.
2. If your dressing is leaking or heavily soiled before 2 days after surgery, you can replace with new dressing if needed (e.g. Maxi pads or gauze work well for replacement dressings).
3. After every shower apply antibiotic ointment or vaseline gently with a q-tip and cover. Continue for 2 weeks.
4. Ice to sides of breasts may be used every 3-4 hrs for the first 48 hours.
5. Don't wear an underwire bra or lie on your stomach for 6 weeks after the surgery. Laying on your back is best for the first 2-3 weeks.
6. Don't do any activity that increases your heart rate for 4-6 weeks. Slow walking right away is recommended
7. Massage your scars with a gentle cream or ointment starting 2-weeks after surgery for 1-2 minutes 3x day then wipe clean and apply paper tape or gel sheeting. Use constantly until you're happy with the scars.
8. Avoid Vitamin E creams or ointments.
9. All the stitches are dissolving.
10. Time off work is 2-4 weeks.
11. Bruising and swelling are normal and may spread but will settle in a few weeks.
12. Burning or itchiness around surgical site is normal.