



Care after breast reduction surgery

Part 3 of 3

This leaflet explains what to expect after a breast reduction. **It is important that you read this information carefully and completely. Please initial each page** to show that you have read it. For information on the surgery, and the risks and complications of a breast reduction, please see parts 1 and 2.

What to expect after the operation

Breast reduction surgery is usually carried out under a general anaesthetic (so you would be asleep) or a regional anaesthetic (where the whole area is numbed with injections). The operation usually takes about two hours.

You might be given antibiotics to keep the wound clean. Also, you may have drainage tubes in the breast to drain away any fluid or blood. These tubes will be taken out when the fluid or blood has stopped draining, usually before you go home.

You might go home the same day, or stay in hospital overnight. If you do go home on the same day, a responsible adult should stay with you for the night. Your chest will feel tight and your breasts and the ribs below your breasts will be sore. Simple painkillers should be enough to keep you comfortable.

Dressings

You will have some dressings on your breasts. You will need to wear a well-fitting bra with no underwiring for six weeks after the operation.

Recovery

You will be out of bed on the same day as your surgery, and doing light activities after two weeks. You should be back to normal exercise in six weeks.

Most patients take at least two weeks off work after the operation, depending on their job. Your breasts will be sore and swollen for a few weeks after the operation. Do not lift heavy things for several weeks, and avoid sex for at least two weeks. With all activities, start gently.



Do not drive until you feel safe and are comfortable wearing a seatbelt. Check your insurance documents if you are not sure.

Seeing the results

At first your breasts may seem too high and the skin too tight. It can take several months for the swelling to settle, and many months for the final result to appear. Most patients are pleased with the final result, but some find their new size and shape difficult to get used to. This may happen to you.

You may have more or less sensation in your nipple, and this can change over time.

Your aftercare

To protect your body, and get the best result, look after yourself.

Avoid vigorous activities after your operation.

Protect your wounds as you are told to.

Putting on weight or being pregnant will affect the results.

Maintain a healthy weight and level of exercise.

What to look out for

Bleeding after surgery can cause swelling, a change in colour, and pain, usually just on one side. The signs of an infection are pain, redness, swelling and pus in the wound, and you may also have a temperature.

A blood clot in the leg can cause swelling and pain in the calf. If the clot goes to the lung, you might be breathless or have pain in your chest.

If the wound is not healing well, it may be sore and weep. If you have any worries after your operation, speak to a doctor or go to A&E.

Important contact details for your surgery

Disclaimer

This document is designed to give you useful information. It is not advice on your specific needs and circumstances. It does not replace the need for you to have a thorough consultation, so you should get advice from a suitably qualified medical practitioner. We – The BAAPS and BAPRAS – have no liability for any decision you make about the surgery you decide to have.

Please bring this form with you on the day of surgery.

You can get further information and copies of this form from the website at www.baaps.org.uk

Your initials



**The British Association of
Aesthetic Plastic Surgeons**



BAPRAS British Association of Plastic
Reconstructive and Aesthetic Surgeons

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