

# Breast reduction

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## **Common questions for after breast reduction surgery:**

### **How long will the surgery take?**

The surgery takes 2 to 4 hours. It is done under general anesthesia.

### **How long will I be in the hospital?**

Most patients go home the day after surgery.

### **Will I have pain after surgery?**

Yes, lasting a few days. You will be given pain medication as needed to keep you comfortable.

### **Will I have a special dressing after surgery?**

You may have 2 small drains in your breasts (one in each breast) and a large bandage when you wake up. A home care nurse will contact you to arrange care for your drains and dressing.

### **Should I change the dressing?**

Your surgeon and home care nurse will talk with you about how to care for your dressing.

### **Will I have stitches?**

Yes, you will have stitches. Your stitches will be removed in 7 to 12 days, or you may have stitches that dissolve. How long this takes varies. Please ask your nurse any questions you have about your stitches.

### **When can I resume my normal activities?**

Your surgeon will advise you when you are able to return to your normal activities, work, and exercise. You should avoid lifting or pulling anything heavy (5 to 10 lbs, or 2.2 to 5 kg) for 3 to 6 weeks.

### **What type of bra should I wear after surgery?**

Right after surgery you will have a dressing on to support your breasts. If you would like more support, you may wear a loose fitting sports bra with no underwire or a spandex tank top.

You may have swelling after surgery. It may take months before you see the final results of the surgery.

### **Call your surgeon if you have:**

- increased pain and/or breast swelling
- an increase in drainage
- a fever of 38°C (100°F) or higher
- bleeding or other changes in skin colour
- any concerns about your surgery

**After surgery you will receive information about your follow-up appointment with the surgeon.**