

Breast reduction instructions

- Dr. Dal Cin's patients

Before surgery

If you are taking any type of blood thinners such as aspirin, anti-inflammatories, vitamin E by mouth, or Coumadin please tell Dr. Dal Cin and our nurse. These medications may need to be stopped 2 weeks before surgery.

After surgery

Please follow these instructions when you are at home. If you do not understand them, have any questions or wish more information, call our office.

Follow-up

Your follow-up visit will be arranged before you go home. It will be about 2 weeks after surgery.

Home Care Nurse

The day after you get home, a Home Care Nurse will call you about changing your dressing and how you are healing. The drains are removed by your Home Care Nurse about 3 to 5 days after surgery.

The Home Care Nurse may come to your home or you will be advised to go to the nearest wound care clinic for removal. Directions to the clinic will be given to you by the nurse.

Support for your breasts

Right after surgery you will need no supportive garment, as your breasts will have a dressing.

If you would like more support, you may wear a loose fitting sports bra with **no underwire** or a spandex tank top.

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

Shower

- You may take a shower once your drains have been removed.

Activity

- No upper body activity until after your follow-up visit. Do not lift more than 5 pounds.
- You may begin to exercise 6 weeks after surgery.

Work

- Returning to work will depend on what type of work you do, so please discuss with Dr. Dal Cin or our nurse Julia.

Call us during your recovery if you have:

- a fever or chills
- a lot of drainage
- pain
- any questions or concerns

Dr. Arianna Dal Cin
Plastic and Reconstructive Surgery
504-304 Victoria Avenue North
Hamilton, Ontario L8L 5G4
Phone: 905-526-0811
Fax: 905-526-0890