



## Care at home after a **Mammoplasty** **Plastic Surgery**

*A breast reduction surgery aims to reduce the overall size of the breasts. This is achieved by removing tissue, skin and fat from the breasts to relieve patients from discomfort and obtain a more desirable appearance. A breast reduction surgery also involves repositioning the nipple and reducing the size of the areola. This following information will help ensure your child has a safe recovery after leaving the hospital.*

### Caring for your surgical site

- A compression dressing will be in place. This dressing will have gauze padding covered with Hypafix tape (an adhesive cover). You will leave this dressing on until your follow up appointment.
- You may notice some blood or fluid staining your dressing once you leave the hospital, this can be normal. Should you have significant increase in pain or breast size on one side then it is important to let our team know (see below for further details).
- At your surgeon's discretion, you may need to buy a post-surgical bra for the day of your first dressing change (wireless, clasping in front or back).

### Pain Management

You will be uncomfortable during the first few days following your surgery. This is normal. It is very important that you are resting and giving your body time to heal.

- The next dose of pain medication
  - \_\_\_\_\_ can be given at \_\_\_\_\_ every \_\_\_\_\_ hours.
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### When will life go back to normal?

- Activity: Quiet activities today with close supervision. You cannot drive for the first 2 weeks after surgery. You may also not lift your arms above your shoulders for 2 weeks nor lift anything heavier than 5 lbs.
- Bathing/Shower: No bath or shower until at least the next follow-up appointment.
- Diet: Give water, apple juice, Popsicle, flat ginger ale or Jell-O for one to two hours. If tolerated, proceed with soft diet. Tomorrow your child may be given a normal diet.
- School: May go back to school in \_\_\_\_\_ week (s).
- Gym/sports: May start gym/sports in \_\_\_\_\_ week (s).
- Should urinate (pee) by \_\_\_\_\_, if not please return to the emergency department.

### When to call the doctor?

- Pain that does not lessen even after giving your child the prescribed medications or increase in breast size on one side.
- A fever of 38.5°C (101°F) or higher.
- Increased redness and swelling around the incision.
- Increasing drainage or bleeding through the dressing.

*If you are concerned, please call the Montreal Children's Hospital at (514) 412-4400 ext: 53333 and ask for the physician on call for plastic surgery or come to the Emergency room of the hospital.*

### Follow-up

- The next appointment will be in \_\_\_\_\_ with Dr. \_\_\_\_\_.

**Disclaimer:** The information provided in this brochure is intended for educational purposes. It is not intended to replace the advice or instructions of a healthcare professional, nor is it intended to be a substitute for medical care. Contact a qualified healthcare professional if you have any questions regarding the care.