

Pre & Aftercare Information

Breast Reduction & Uplift



This information has been provided to enhance your journey through your treatment pathway. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).
For out of hours emergencies and at weekends, please call 07753 211771.

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Preparation before surgery:

- Smoking (cigarettes or e-cigarette with nicotine) - you should avoid or significantly reduce the amount you smoke. Nicotine causes the blood vessels to close up and this effect lasts for 45 - 60 minutes following inhalation. It is one of the most important requirements to lower the risk of postoperative infection and other healing complications. Ideally we would suggest to avoid smoking for a minimum of one month before and after surgery.
- After surgery you need to sleep elevated and on your back for 14 days, therefore ensure you have enough pillows or a V Pillow to help with your comfort. You DO NOT need to sleep upright - 1 - 2 pillows to aid drainage of the swelling.
- Please arrange transport home with a family member or friend. They can drop you to the hospital and see you after your surgery. If you want a family member to stay with you then you would need to pay for an extra bed (please do let us know so we can organise).
- You will require regular pain relief for the first week or two, please ensure you have some paracetamol or ibuprofen available at home also.
- Do NOT take Arnica or herbal tablets 10 days before and 3 days after your surgery. This will significantly reduce your risk of bruising.
- We will provide you with one surgical bra which the surgeon will put on after the procedure. If you wish you purchase another, we do sell them for £40. Alternatively, you can purchase post-surgical bras from Marks and Spencers.
- Please ensure you have taken enough time off work. You can return to office type work after 10 - 14 days, any manual work 21 days.
- You will have limited mobility for the first week, ensure childcare is arranged or you have someone to help you.
- You will have a pre-assessment with the hospital about one week before your surgery. They will send you a designated date in the post/email. This is vital you attend. If you do not attend the surgery could be cancelled.
- You will have 1 - 2 night stay at the hospital, do pack appropriately
- You will only find out your admission time the day before your surgery. Please call the Hospital for this (please do anticipate this could be as early as 7:00 am). They will also notify you of your staying details, which are below.

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The day of surgery:

If you are scheduled for general anaesthetic, please observe the following:

- Do not eat anything up to 6 hours before your surgery. This includes boiled sweets and chewing gum.
- Do not drink anything but water up to 4 hours before your surgery. Please stop drinking altogether up to 2 hours before your surgery.
- Please arrive at the hospital for your admission time.

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Aftercare in the following days after surgery:

We will call you a few days after your surgery to see how you are feeling and to also make follow up appointments. This will consist of:

- Approx 1 week follow up with our nurse and wound care specialist.
- Approx 6 week follow up with your surgeon.
- Approx 6 month follow up with our nurse and wound care specialist.

If you have any concerns our door is always open and more follow up appointments can be scheduled.

- You can shower the day after surgery and continue to shower daily. You can use shower gel to wash just make sure it's thoroughly rinsed around the incisions. Please leave the tape on until you come for your follow up appointment. The tape is very hard wearing and shouldn't come off in the shower, so do get them wet. You can use a hair dryer on a cool setting to dry the tape after. You may find it hard to wash your wash in the first week or two (you may need help).
- We recommend wearing a sports bra 24 hours a day for a minimum of six weeks after surgery (you can remove in the shower and if the bra needs washing)
- Discomfort, swelling and numbness is expected
- Sleep elevated on a few pillows, avoid laying on your front for 4 - 6 weeks
- Breast surgery can impact on your quality of sleep, do not be alarmed if you feel tired and in a daze.
- Bruising is likely to appear and will subside throughout the weeks
- Initial fluid leakage and bloody staining is common during the first few days
- Pain killers may be needed during this stage (Paracetamol every 4 hours and Ibuprofen every 4 hours)
- Keep hydrated and keep your strength up by eating a substantiation diet
- You will have limited mobility in the first week. For the first 2 days try and keep arm movement to minimum. Your arms should not be used to support your body or lift anything heavy.

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Aftercare in the following weeks

- You can start wearing an underwire bra at 6 weeks after surgery. If you feel a sport bra is more supportive, you can continue to wear.
- Most of the swelling and bruising should have diminished within 4 - 6 weeks after surgery. Not as many painkillers will be needed
- If you feel comfort to drive, you can after 1 week. You need to ensure you could perform an emergency stop successfully. Avoid driving if you are taking a lot of painkillers as this can make you drowsy.
- After 6 weeks of surgery your breast should start to feel softer and more natural. The scars should have started to fade. You can start massaging your scars with moisturiser or oil if they are lumpy. Please remember healing is a gradual process and your scars may remain slightly pink for up to 6 - 12 months.
- In the next few months your nerves will start to join together, this can cause a pins and needle sensation and itchiness around the nipples. After surgery your nipple sensation will change. They will become very numb or very sensitive to touch. You need to desensitize them by touch. This can be with the tips of your fingers, or running cotton wool over them just so they begin to adjust.

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What to expect and FAQs

When can I wear underwire bras?

You can start to wear underwire bras 6 weeks after surgery. You will still have some swelling so we recommend not spending a lot of money on new bras after 3 - 6 months as the shape will change. If you feel that sports bras are supportive when you sleep you can continue to wear.

When can I start exercising?

You can start low impact exercise 6 weeks after surgery, such as: walking, biking. Please avoid running, pectoral exercises and weight lifting for about 2 - 3 months after surgery.

When can I start sleeping on my front?

This will differ from patient to patient, therefore see which position you find most comfortable. After 4 - 6 weeks you can sleep on your front.

When can I start driving?

We recommend after about 1 week minimum. You need to be able to perform an emergency stop safely before you resume driving.

When can I resume manual work or heavy lifting (housework, gardening, picking up children etc)?

You can resume heavy lifting after 6 weeks. Please listen to your body however if you need more time, allow for this as patients heal at different rates.

When can I go swimming or have a bath?

This is stagnant water therefore to help prevent from infections you cannot resume until the incisions have completely healed at about 2 - 4 weeks (or instructed by your surgeon or nurse).

When and how should I massage my breast, scars and desensitize my nipples?

When you attend your 1 week follow up appointment the nurse will instruct to commence. Moisturising is advised and very gentle massage around the breast. The breast scars should not be massaged intensely until at least 4 weeks after surgery. This is to allow the scars to reach their maximum strength before you start to apply pressure to the scars to allow them to heal.

When can I fly?

You can fly 6 weeks after surgery. Ensure movement of the legs and feet after every few hours.

When can I go into the sun?

We recommend protecting the incision from sunlight for a year after surgery, using an SPF 50+. In the first 6 - 9 months following the surgery, the scars are immature. Even with a light top on, if the sun UV rays hits the scars they will go red. This will be the case until the scar matures, fades and becomes paler. This usually occurs by 9 months. After this time the scarred area will behave like your normal skin. Therefore prior to this time we advise high protection creams to prevent burning of the area.

Please do not hesitate to contact us if you have any questions, queries or concerns.

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