

## Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223



216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

# Department of Plastic and Reconstructive Surgery Ward L5

Patient Information

## Bilateral breast reduction discharge information

### Document history

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You will be discharged from hospital approximately one to two days after your operation.

Your wound dressings will stay in place when you go home and you will be fitted with a bra. You should wear your bra day and night for six weeks.

You will need at least two firm control sports bras – one to wear and one to wash. We do not recommend that you purchase too many bras initially as your size will change as swelling reduces.

You may shower 48 hours after your operation unless instructed otherwise by your consultant. You should refrain from placing the shower head directly on your wounds and only pat them dry with a towel.

You will need to book an appointment with your practice nurse for two weeks after you have been discharged from hospital, so that they can check your wounds. You will be provided with spare dressings and a letter for you to give to your practice nurse when you attend the appointment.

An appointment will be sent to you in the post, asking you to attend the outpatient department in approximately six weeks time to see your consultant or a member of his team.

Depending on your type of work it is recommended that you have approximately three to four weeks off work. The ward can give you with a sick certificate upon your request or you can get one from your GP.

## **Pain relief**

Some discomfort after surgery is to be expected. You may have been given pain killers when you were discharged from hospital. Continue taking these as instructed on the packet. If you did not receive pain killers on discharge, it may be because you did not require any at this time. In this situation, if you do require pain relief, paracetamol is advised.

## **Driving**

You should avoid driving for four to six weeks. You should check with your insurance company to confirm your insurance remains valid.

## **Household chores**

You are advised to refrain from any heavy pulling and pushing and such activities as vacuuming, pushing shopping trolleys and hanging out washing. These activities need to be re-introduced gradually.

## **Complications**

It is important for you to be aware of the signs and symptoms of wound infection. These may include:

- Redness
- Swelling
- Fever
- Wound discharge
- Pain that is not relieved by your normal pain killers or gets steadily worse.

If any of these symptoms occur, contact your GP or Ward L5 on **01223 348503** for advice. If an infection does occur antibiotics may be prescribed.