



Post-Operation Instructions for Bilateral Breast Reduction Patients

Sutures

The incision is closed with a dissolvable suture that runs under the skin and does not require removal.

Dressings

I use a Prineo dressing. This is a tape sealed on with glue, which helps support the wound as it heals. It is also waterproof and you can wash as if it wasn't there. The 'glue and tape' dressing can be peeled off after 3 weeks to leave a healed wound. The nurse can remove this in clinic or you can do it yourself at home if you prefer.

Support bra

You need to bring a support bra with you to hospital. This will be put on you in theatre so you will wake up with it in. Please wear your bra day and night for 4-6 weeks. You can remove it to wash and then replace it when you are finished. After 4-6 weeks, you can wear any bra of your choice, including underwired bras.

Medication

The hospital will discharge you with analgesia as required.

Follow up

Before you are discharged from hospital you should be given a follow up appointment with the nurse after 1 week. I normally see you in clinic between 4 and 6 weeks, although I will see you sooner if you have any problems. You should also be given some contact numbers in the event of any problem. If you have any questions or concerns about your recovery, please do not hesitate to email me (anne@annedancey.co.uk) and I will endeavour to get an answer to you the same day. Obviously, if it is more urgent then please contact the ward or clinic on the hospital numbers you will be provided with. In the unlikely event of an emergency, you must phone the hospital or visit your closest NHS Accident and Emergency (A&E) Department.



I hope you find this information useful. If you have any questions or require a little more information then please do not hesitate to [contact me](#).

Anne Dancey

Plastic and Reconstructive Surgeon