

David Lam

Consultant Plastic Surgeon

BREAST REDUCTION PATIENTS OF MR. D. LAM

- 1) On the morning of discharge from hospital, the drains will be removed and dressings renewed,
- 2) A certain amount of pain and discomfort might be felt in the first week after surgery. Take the painkillers as prescribed, (Avoid taking Aspirin or painkillers that contain Aspirin, as this might cause bleeding).
- 4) Rest at home for the first week after surgery but don't remain inactive! KEEP WELL HYDRATED.
- 5) Dressings are showerproof but not soakproof in bathwater. These will be changed after seven days and the wounds inspected. All sutures are dissolvable.
- 6) A non-underwired sports bra or the supplied garment is best for comfort in the first 6 weeks. If you'd like to purchase another surgical garment, please use LAM15 for Macom or LAM10 for Lipoelastic.
- 7) Swelling and a variable amount of bruising will occur after surgery, Most of the bruising will have disappeared by the first fortnight. The swelling can take as much as three months to subside completely,
- 8) No creams, oils or talcum powder to be applied to scars until advised, which is usually 3 weeks.
- 9) The scars will become red and often thicken/become itchy in the initial phase. Micropore paper tape used is showerproof and the adhesive last 1-2 weeks. If tolerated, tape is the best option, needing only to be changed a few times in the first 6 weeks. If tape cannot be tolerated the scars should be massaged twice daily from 3 weeks onwards with a firm motion to desensitize them and speed maturation. Any non-perfumed moisturiser (such as E45/Nivea/Vaseline intensive care) is fine. Bio-Oil can also be used if you prefer. Maturity usually occurs over 6 months but can take up to 18 months.
- 10) Any direct sunlight/sunbed to fresh scars in the course of the first six months may cause them to burn and delay maturity.
- 11) You're advised not to do the following for 6 weeks after surgery: Strenuous exercise, swimming or heavy lifting

Driving is fine at 10 days

12) Smoking does delay wound healing.

13) If you experience any undue pain, swelling or bleeding please inform the Hospital