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## **POST OPERATIVE CARE FOR BREAST REDUCTION**

Upon leaving the hospital please follow the following instructions for your post operative care.

1. Please take all Medications as directed
2. **DO NOT TAKE ANY ASPIRIN** (or any medication that affects your bloods ability to clot, unless directed by Dr Knox or his anaesthetist.
3. Keep the dressing dry and intact for 24 hours. After 24 hours you can shower.
4. Remain wearing your post operative bra (unless showering), you may loosen the clips by one or two if the bra is really too tight.
5. Please sleep on your back rather than on your side as this will be more uncomfortable.
6. Please restrict your arm movements, and for the first few days and try to keep your elbows down to your side.
7. Notify us if there is excessive pain, swelling, or bleeding from the breast.

Once you have gone home you should be aiming to rest quietly for a few days. It takes time to recover from any surgery and being a significant operation should be treated with respect. Expect to feel tired over the first week and look after yourself accordingly. Get as much rest as you can and take life quietly.

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