



**KYLE R. WANZEL MD, MEd, FRCS(C)**  
*Plastic, Reconstructive and Cosmetic Surgeon*

1243 Islington Ave., Suite 600, Toronto, ON M8X 1Y9

Phone: (416) 236-2571 Fax: (416) 236-4591

[www.plasticcosmeticsurgery.ca](http://www.plasticcosmeticsurgery.ca)

---



## **Post-Operative Instructions for Breast Reduction**

1. Take your medication(s) as prescribed
2. Expect a small to moderate amount of pain, tenderness, swelling, numbness and bruising
  - i. It is not unusual for one breast to be more swollen and/or bruised than the other one
3. Smoking will delay the healing process
  - i. If you smoke, you must quit at least 6 weeks before and 6 weeks after your surgery
4. During the first week, the majority of your time should be spent relaxing, although some leisurely walking is permitted
  - i. No strenuous activity or heavy lifting with the arms is permitted for 6 weeks
5. Wear your support bra for 24 hours a day for the first 4 weeks post-op (this may be removed for showering)
6. Return in approximately 5 to 7 days for reassessment and dressing change
7. You may shower daily (starting after the first dressing change) and gently pat towel dry
8. If required, gauze, ABD or “maxi pads” may be used as fresh dressings inside your bra
9. Leave all paper tapes on over the incisions until the first post-op visit (you may shower with these on and get them wet). They will start to lift off on their own.
10. A small amount of yellow discharge from under the breasts is common early postop
  - i. It is also not unusual for there to be a small open area under the breast in the center of the breast (this will heal in on its own without a problem)
11. Light activities and more walking are permitted at 1 week postop
12. Return again in approximately 1 week for a follow-up visit
13. Normal and more strenuous activities are permitted at around 6 weeks post-op

**IF YOU HAVE ANY CONCERNS AT ALL, PLEASE CONTACT THE OFFICE**