How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk
Follow us on Twitter @buckshealthcare

Patient Information Leaflet
If you require a translation or an alternative format of this leaflet please call PALS on 01296 316042

How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk
Follow us on Twitter @buckshealthcare

Author: Avent, Tanos
Issue date: July 2017
Review date: July 2019
Leaflet code: PLA-002
Version: 1.2
Having a Breast Reduction

Breast reduction surgery aims to reduce the size of your breasts. Other than size reduction, this will result in a more uplifted breast shape, with a higher sitting nipple

The Operation

- One of the plastic surgery team will see you on the morning of the operation and re-discuss the surgical steps. This is usually followed by placing pen marks on your chest to plan the surgery.

- Before the operation you will see your anaesthetist and be able to discuss your anaesthetic related questions.

- The procedure can be done as day case procedure or you may have to stay as an inpatient for 1-2 nights.

Follow Up Appointments

<table>
<thead>
<tr>
<th>Date/ Time</th>
<th>Clinic</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please use this space to write down any questions you have

__________________________________
__________________________________
__________________________________
__________________________________
__________________________________
__________________________________
__________________________________
Returning to work

• If you require a sickness certificate we can provide this on discharge.
• Depending on individual recovery and type of work this may be between 2-6 weeks

What exercise can I do?

It is important to build up your activity level slowly. Therefore we advise:
• Avoid heavy lifting for 6 weeks (this includes housework like vacuuming, lifting children or carrying heavy shopping)
• Avoid driving until you are able to do an emergency stop; this is usually 2-4 weeks post surgery
• You may want to contact your insurance provider to inform them of your surgery.
• Return to sexual activity is advised 2 weeks post surgery, with care taken for another 4 weeks

Important advice to all surgical patients!

• Please ensure you seek help and advice from the hospital, your GP or A&E if you begin to suffer from any of the following:
  - pain/swelling/heat in the calves
  - difference in leg shape/width from one side to the other
  - shortness of breath

Skin incisions

Depending on the amount of planned reduction and need for uplifting of the skin envelope, it is likely to have a circular incision around the nipple, a vertical incision down to the lower part of the breast, along with a horizontal scar. This resembles an upside ‘T’ or an anchor type incision

Wearing surgical bra after surgery

We recommend wearing the bra provided whilst in hospital or a sports bra for 6 weeks after your operation, 23 hours/day; removal only for showering

Preventing Deep Vein Thrombosis Post Surgery

• As discussed with your consultant prior to your operation ‘Thrombo Embolic Deterrent’ (TEDs) and Fragmin are part of your treatment to prevent DVTs (Deep vein thrombosis)
• You need to wear your TEDs stockings until you have returned to normal mobility. This is usually for 2 weeks
• It is important that you keep mobilising even if it’s just for short distances
Dressings
- Before you leave hospital your wounds will be checked and should have clean and dry dressings applied
- We will follow you up in our plastic dressings clinic at Stoke Mandeville Hospital in 2-7 days after discharge for a wound check
- After this first wound check by our team, you will be advised to shower/clean your wounds and dry them with a clean towel. Showers only, no baths. This is to help prevent risks of infection
- We may advise you to apply brown tape to cover your scars for a period of 4-6 weeks. This can improve the quality of your scars. Discuss this with your consultant

Scar management
- Be aware that scars take approximately 18-24 months to mature, i.e. to become flatter, paler and softer
- Massaging scars on a daily basis for 10min,3-4 times a day can help improve scar quality and prevent itchiness
- You can use a non perfumed moisturizing cream such as E45 (or any cream/oil of your preference)
- Please use sun block cream factor 50 if exposed to the sun for the first 2 years post surgery

Going home with a drain
- After your operation, you may have drains. Usually these are all removed prior to discharge home
- However sometimes there may still be too much blood or fluid draining for these to be removed. Some drains may therefore need to stay in at the point of discharge
- We will follow you up in the next 2-3 days after discharge and drains are usually removed at this point

Pain Relief
- It is important that you take the pain relief medication as prescribed. You will be given a 14 day supply of medication on discharge home. Afterwards please see your GP for further prescriptions after this.
- Please ensure that you have Paracetamol at home as this will not be provided on discharge.
- Only take aspirin if you have a previous medical condition that requires aspirin use, as it can otherwise increase the risk of bleeding

Infection
It is essential that you are aware of signs and symptoms which may indicate infection. Infections can occur at any point after surgery. Signs and symptoms of infection to be aware of are:
- Redness/ inflammation to incision sites that is spreading and painful to touch
- Excessive oozing on dressings
- Offensive smell from dressings
- Increased pain in the area that has been operated on (especially if not previously painful) and not relieved by pain relief
- Temperature – flu like symptoms feeling hot and cold or shivering

Sensory changes
- There is a risk that some of the skin around the breast will become numb after the operation
- Some of the sensation around the nipple can be damaged too
- Usually this is temporary and sensation returns. However in some cases the nipple sensation changes remains