



PATIENT AFTERCARE GUIDE

BREAST REDUCTION

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Your full, personalised advice will be given by your surgeon specific to your individual needs and you will receive written instructions prior to your surgery but here is a brief overview.

Can I go home the same day?

Breast reduction surgery is usually carried out as an over-night stay to ensure you are comfortable.

When can I shower?

You can shower the day after your surgery. Your dressings are shower-proof so just gently pat them dry afterwards.

Do I need to sleep on my back following surgery?

Yes, we recommend sleeping propped up with an extra pillow or a V pillow for up to 2 weeks.

When are my dressings and sutures removed?

You will have shower-proof dressings in place which will be removed at your 1-week follow-up appointment. The sutures are dissolvable so will not need to be removed.

Will I have bruising?

There may be some bruising across your chest following your surgery, but this is usually minimal.

How long will it be before I see the final results?

Your final results will take around 3 months to allow the scars and tissues to soften. There is further healing beyond this as scars take up to 12-18 months to fully mature.

How long do I need to take off work?

We recommend up to 2 weeks off work and longer for more physically active jobs. Home based office jobs can be sooner.

Can I still exercise?

Any form of physical exercise should be avoided for the first 4- 6 weeks. From there onwards, starting with extremely light exercise if tolerated, building up slowly over the next few weeks.

Can I drive after surgery?

We suggest around 1-2 weeks before you can drive. Check with your car insurance that you are covered.

Who do I contact in an emergency?

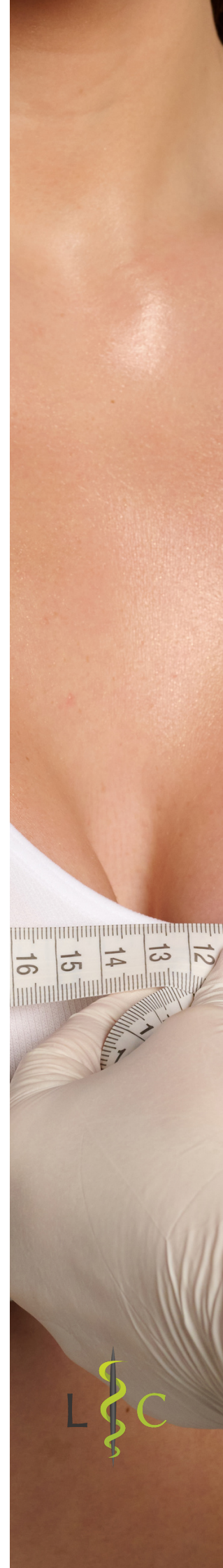
You will be given contact details on your discharge from hospital. You can use this if you are concerned about anything.

Do I need to buy a support bra?

A support bra will be provided following your surgery which will be fitted on the day.

How long do I wear the support bra for?

Apart from showering, we recommend that you wear it day and night for up to 6 weeks.





IMPORTANT NOTICE

This aftercare guide provides general information to support your recovery following treatment at LASE Cosmetic. Every patient is different, and your clinical team will provide personalised guidance specific to your procedure, health, and circumstances.

Always follow the specific verbal and written instructions given to you by your consultant or practitioner. If there is any conflict between this guide and your personal aftercare instructions, follow your personal instructions and contact your LASE clinical team to clarify.

This document does not replace medical advice. If you are ever in doubt about your recovery, please contact us.