

Advice for patients following breast reduction surgery

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Problems

Please contact the ward should you have any of the following problems:

- Hardness to the breasts
- Swelling
- Areas on the breasts which feels hot to touch and looks inflamed
- A green/brown smelly discharge which comes through the dressings
- Worsening pain which is not relieved by taking pain killers
- Pain around the stitch lines or nipples, or the dressings fall off

Dressing Clinic

You will be given an appointment to attend dressing clinic.

It is very important that you keep this appointment.

If you do not receive an appointment for this clinic or any other clinic you are expecting to receive, please contact the number below or your Consultant's secretary.

The telephone number for the dressing clinic is:

0151 430 1285

Please contact the clinic straight away if you will not be able to keep your appointment.

If an ambulance has been arranged for you to return to the dressing clinic, **please be ready 2 hours before** your appointment time. This is because ambulances sometimes collect patients early and cannot wait for you to get ready.

After care

The nurse in dressing clinic will inform you when your wound(s) are completely healed. Once completely healed you can begin to wash the areas with a mild un-perfumed soap and pat dry with a clean towel. You will be shown how to massage the area twice a day with a moisturising cream.

Keep your healed area out of the sun or apply a total sun block for at least the next 2 summers as newly healed skin burns very easily in hot sun.

Avoid wearing tight clothing that may rub against the wounds.

Wear a good fitting **non-wired** bra, (your Consultant will advise you), day and night **for 4 weeks** following your operation.

Once the swelling has gone down and your stitches have been removed, you need to be professionally measured and fitted for a new bra. Some department stores can assist you with this.

Contact Details

Dressing Clinic: 0151 430 1285

Community Nurse: 0151 290 2030

Hospital Switchboard 0151 426 1600