

THE FIRST GLANCE

BREAST REDUCTION & GYNECOMASTIA POST OP INSTRUCTIONS

Supplies to have at home:

- **Your prescription medications**
- **Gravol** (oral medication and suppositories)
- **Stool softener** (ie: Restorolax/Senokot). Used to prevent constipation (start if no BM for 2 days)
- **Polysporin Ointment**
- **Gauze or Pantyliners**
- **Post Operative Bra** (available at clinic) *Please bring garment with you on day of surgery.

Rest and Relaxation

- It is ok to lie on your side. Do not lie on your chest.
- Wait 2 weeks before participating in physical activities that will increase your heart rate and blood pressure or cause your breasts to move significantly (ie: running and aerobics)

Washing

- Remove dressings 24 hours after surgery. Leave your steri-strips in place for 1-2 weeks.
- You can shower. Wash with soap and water.
- Do not soak your surgical sites - no pools, hot tubs, or lake water for 2 weeks.
- Dry surgical site by gently patting with a clean towel or allow to air dry.
- Bleeding from your surgical site may occur following surgery. If it occurs hold constant firm pressure for 10 minutes with a clean towel.

***If bleeding persists or one side is becoming much larger than the other,
see our emergency care instructions below***

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Medication

- Anti-Pain medication can be taken after surgery.
- Resume prescribed medications unless otherwise stated.
- Take antibiotics as prescribed at the appropriate times until completed.
- Apply Polysporin to your incision lines 1x a day once steristrips are removed.

Bra Wear

- Wear a non underwired bra for 4 weeks unless otherwise directed

Four Weeks After Surgery:

- Once incisions healed with NO openings along incisions, begin to massage your incisions with BioOil.

Do not use vitamin E.

- Skin Medica Scar Gel can be applied at night to further improve the appearance of the scars.
- If your incisions are going to be exposed to the sun, apply SPF 45 or higher for at least one year to prevent tanning

Drain Care

- If drains have been placed, please contact the clinic to have them removed 48 hours following your surgery unless otherwise directed
- When drains are removed a small amount of yellow/pink/blood-tinged fluid may ooze out of drain site for up to 3 days.
- Place a small amount of Polysporin onto drain site daily and cover with gauze or a feminine hygiene pad (pantyliner). Drain site will close in 3 to 7 days

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Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

Follow Up Appointments

You will have full access to Dr. Islur and his medical team during your recovery. Dr. Islur will inform you as to which clinic to visit for your follow up appointments:

First Glance Aesthetic Clinic
1851 Grant Avenue
Winnipeg, MB R3N 1Z2
tel: 204-885-1569

After Hour Care

If there is a concern about your surgery or your healing please call The First Glance Clinic at **204-885-1419**.

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Take time to rest and recover from your surgery, have a healthy diet and get some sleep.

It is important that you follow these recommendations carefully so we can attain your surgical goals.

Please consider bringing your old bras to The First Glance on your surgery day. Gently used bras will be donated to local women's shelters throughout the city. Thank-you.

In case of emergency please page Dr. Brichacek at 204-898-9933