



# Checklist

## **Breast Reduction (Reduction Mammoplasty)**

Dear Patient,

You have decided to have breast reduction surgery under general anaesthesia. Breast reduction can help provide lasting relief from physical discomfort. The procedure also greatly improves the physical appearance of the breasts, reshapes the breast and improves the symmetry and size of the areola. The scar usually circles the areola and runs vertically towards the fold under the breast.

The total costs including private clinic, full anaesthesia and all follow-up checks will be about EUR 7.500,-

Please note the following details.

Should you have any questions, please do not hesitate to contact me at any time.

Univ.Doiz.Dr. Greta Nehrer

### **BEFORE THE PROCEDURE**

- You will be admitted to the clinic on the day of your operation. All necessary tests for general anaesthesia (X-ray, EKG, laboratory) will be performed in advance.
- Please bring a sports-bra (size as planned, Anita sports-bra, Bständig)
- You should not take any blood-thinning medications (e.g. aspirin) for a period of 10 days before your appointment.
- Before the operation, we will again review and discuss the procedure in detail. The area to be treated will be photographed for documentation.
- I will perform a post-operative examination on the first day after surgery. The surgical drains can usually be removed at this time and you will be fitted for the sports bra.
- If you feel fit enough, you can already leave the clinic on the first day after the operation.
- A check-up is scheduled a few days after the procedure. The skin closure strips are changed. You may then shower as usual.
- The skin closure strips should be worn for a period of 4 weeks and changed weekly to assist the healing process. After this period, we recommend scar care and scar massage with an anti-scar cream.

### **DURING THE PROCEDURE**

- The operation takes about 2 hours to perform.
- You will receive a surgical drain and a breast bandage.
- The suture is covered with an adhesive skin closure (Steri-Strip).
- The special bra must be worn day and night for a period of 5-6 weeks.
- Avoid heat (sauna, sun) and physical activity for a period of 5 weeks.
- You are usually able to return to work after 1 week (light physical activity) but should avoid heavy exertions for a period of 3-4 weeks.

### **AFTER THE PROCEDURE**

- Mild surgical site pain is normal after the operation but can be easily managed with pain medication.
- You may stand up out of bed with assistance on the day of the operation but should avoid straining the muscles underneath the breast (do not prop yourself up, do not lift anything).
- The swelling will disappear after about 2 months. The breast will have assumed a natural shape and will feel normal again.
- Protect the scar from UV radiation (direct sunlight, solarium) for a period of 6 months by covering or using a sunblock to prevent discoloration (pigmentation).