

Dr Stefan J de V Rawlins

Plastic & Reconstructive Surgeon

MBCHB(UOVS) MMED(PLAST)

PRACTICE No: 0254258 MP: 0374547

BTW No: 430261588

BREAST REDUCTION

THIS PROCEDURE WILL BE DONE UNDER GENERAL ANAESTHETIC AND USUALLY TAKES 2 HOURS

POST OPERATIVE CARE:

- PAIN MEDICATION ARE ADMINISTERED IN THEATRE, AN INTRAVENOUS INFUSION WILL BE RUNNING INTO AN ARM OR HAND. IF YOU STILL EXPERIENCE PAIN, PLEASE ASK THE SISTER ON DUTY
- YOUR BREASTS WILL BE TENDER & SWOLLEN FOR THE FIRST 48 HOURS, PLEASE TAKE ALL YOUR MEDICINE PRESCRIBED ARE SOILED WITH BLOOD OR FLUID
- BANDAGES MUST BE KEPT DRY & UNCHANGED UNTILL YOUR NEXT APPOINTMENT. CONTACT DR RAWLINS IF BANDAGES ARE SOILED WITH BLOOD OR FLUID
- STITCHES ARE DESOLVABLE AND IF NEEDED WILL BE REMOVED AFTER 14 DAYS AND WILL BE CLOSED WITH ONLY MICROPOROUS PLASTER
- DIRECTLY AFTER THE OPERATION YOU MAY START WITH NORMAL DAILY ACTIVITIES, BUT NO EXCESSIVE EXERCISING FOR 3 WEEKS
- MEDIUM SUPPORTIVE BRA MUST BE WORN FOR 6 WEEKS AND NO UNDERWIRED BRA'S FOR 3 MONTHS
- PLEASE ABSTAIN FROM DIRECT SUN OR SUNBED SESSIONS FOR 12 MONTHS AFTER THE OPERATION
- IF ONE BREAST SUDDENLY START TO BECOME BIGGER AND MORE PAINFUL THAN THE OTHER, PLEASE CONTACT ME IMMEDIATELY AS A HEMATOMA MAYBE THE CAUSE
- PLEASE EVALUATE THE AREOLA EVERY 4 HOURS, THEY MUST BE A PINK-FLESH COLOURED, BUT IF THEY ARE PURPLE-BLACK YOU NEED TO CONTACT ME IMMEDIATELY!

COMPLICATIONS THAT MAY OCCURE:

- PAIN
- BLEEDING – SLOWLY GROWING LUMP
- INFECTION – WARM, RED WOUNDS & FEVER
- SCARRING
- BLOODCLOTS

IF YOU EXPERIENCE ANY PROBLEMS, PLEASE CONTACT DR S RAWLINS ON **0824573766** OR OUR ROOMS ON **(012) 548 0431 / 0872308476**

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