



PROF. DR. MED. CHARLOTTE

HOLM MÜHLBAUER

PLASTISCHE UND ÄSTHETISCHE CHIRURGIE

Postoperative rules of conduct after breast reduction/lifting

Dear patient,

In order to support a complication-free healing process and to achieve an optimal result, it is imperative that you follow the following post-operative instructions. If you have any questions or problems, please contact the doctor on duty in the surgical ward at the ATOS Clinic. We can be contacted by telephone around the clock on 089 20 4000 146.

After the operation, it is important to allow yourself sufficient rest and recuperation. Avoid strenuous activities and do not lift heavy objects. Plan for someone to help you around the house for the first few days after the operation.

Swelling and pain: Your breasts will be tender and swollen for the first few days. Cooling measures can help to reduce the swelling. Slight pain in the wound area is normal and can usually be relieved with medication. Immediately after the operation, the arms can be placed on pillows for a more comfortable position. You should only sleep on your back; turning to the side or sleeping on your stomach will jeopardize the results of the operation. Bruising and swelling usually disappear within the first two weeks. In some patients, the swelling may take longer to subside; a slight tendency to swell may persist for a few months, especially in warm weather.

Bandage and drains: Immediately after the end of the operation, we will put a special compression bra on you to help reduce swelling and support the breast during the healing

phase. The bandage and drains may only be opened and removed by us. The drains are usually removed on the first or second postoperative day. The compression bra should be worn day and night for the first 4-6 weeks. After that, you will need to wear it at night for a further 4 weeks, during the day you can switch to a sports bra. If necessary, you can wash your bra in lukewarm water. We recommend that you get a second sports bra to change into.

Body hygiene: Showering is only permitted from the waist up before the stitches are removed; the armpits can be washed with a washcloth. Hair should be washed in the washbasin with the head backwards, as at the hairdresser.

Physical activities: Move around a lot postoperatively, as this is the best thrombosis prophylaxis. You can resume light sporting activities such as walking and cycling from the 2nd postoperative week. Physical exertion, especially activities that could strain the breasts and chest muscles, should be avoided for the first 6 weeks. Heavy lifting and overhead work should also be avoided. Lifting heavy loads should be limited to 10 kg.

Stitch removal and scar care: The stitches are removed in the practice approx. 8-10 days after the operation. From this point onwards, you can shower completely. The scars are usually taped with steristrips for the first few weeks to ensure better scar formation. After this, scar treatment is started, either with silicone scar ointment or silicone scar plasters. The scars will harden and appear reddish for a few months, after which they will gradually become paler and less noticeable. If healing is unfavorable, there is the option of surgical scar correction after 6-12 months at the earliest. To avoid pigment changes, you should not expose the scars to the sun for at least 6 months. You should therefore avoid sun, sauna and solarium visits for the first 3 months after the operation.

You will be closely monitored by us in the post-operative phase. Always look out for signs of complications. If you notice symptoms such as unusual pain, severe redness, fever or inflammation, contact us immediately.

We will be happy to answer any further questions you may have and wish you a speedy recovery

Yours sincerely

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