



**Dr A Anzarut, MSc, CIP, MD, FRCSC**  
**Plastic and Cosmetic Surgery**  
**Fellowships in cosmetic, breast, hand,**  
**microvascular, and burn surgery**

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## **Breast Post-Operative care**

To minimize the risk of blood clots you should move your calves and ambulate starting the day of surgery. Some patients will be asked to start blood thinners starting 8 hours after surgery. Dr. Anzarut will let you know whether this is the case. You will be sent home with anti-biotics, pain killers, and in some cases a steroid medication.

To prevent excessive tension along the incisions use a supportive bras with no underwire for 24/7 for the next 6 weeks. You can remove this for showering. You may have drains in place that require emptying at least twice daily. You will need to record the amount coming out from the drains.

If the breasts start to swell and have increased pain you may have a hematoma / bleeding. This is an emergency and you should call and text Dr. Anzarut immediately on his cell (250-510-4668). If you do not get hold of me call my office and go to the Cowichan District Hospital Emergency room.

You will have follow-up appointments arranged for 1 week, 4 weeks, 3 months, 6 months, and 1 year. You may shower immediately. Leave the tape like dressing in place. This will be removed after 2 weeks. You may start lower body exercise after 2 weeks and upper body exercise at 6 weeks. After 6 weeks you may start scar massage. The scars will require 2 years to mature and should be protected from direct sunlight. Swelling may persist for more than 6 months.

If you develop redness or heat in the breasts after 2-4 weeks this is most likely fat necrosis. This occurs in 25% of breast reduction surgeries and 10% of breast lift surgeries. If this occurs contact Dr. Anzarut immediately as you may require a low dose antibiotic. If left untreated fat necrosis can lead to serious infection.