



**Mr Lucian Ion** FRCS(Plast)  
Consultant Plastic Aesthetic and  
Reconstructive Surgeon

## Breast Reduction / Mastopexy

### *Post - Operative Instructions*

You will need to sleep on your back for 2 weeks. Avoid any activity that puts stress on the wounds, this includes raising your arms above your head, lifting and twisting etc. Try using pillows or cushions to prop yourself up. You should avoid driving for at least 3 days.

To help decrease the amount of bruising and swelling, we suggest that you take Arnica for one week prior to surgery and two weeks afterwards.

The sutures are dissolving, but not waterproof until the 10th day after surgery. You will have a dressing on the breasts, which will stay in place for 5 days and will be removed at your first follow up appointment. Please keep the area dry

Avoid strenuous exercise or anything that is likely to increase your blood pressure, particularly within the first 10 days, otherwise these can be resumed in 4 –6 weeks.

Please avoid taking aspirin/anti inflammatories as these can cause bleeding. You may recommence your usual medication as soon as you can eat or drink unless otherwise advised. We suggest that you take regular pain relief following surgery, but please be aware that painkillers can cause constipation.

You may notice changes in nipple and breast sensation; this is normal. It is fairly common for the skin above the incision to feel slightly numb for some months, and this rarely extends to the nipple. Some patients describe increased sensation, which can last for two or three months.

Scars will improve within a few months of surgery; they are noticeable initially, but will assume normal skin colour in time dependent upon the healing characteristics of the individual. Once your dressings have been removed at the follow up appointment, you will be advised on how to best care for the area. This may involve placing tape over the incision site for a few days.

### Contact Information

During office hours you are welcome to telephone or visit Mr Ion's nurse at the consulting rooms. Please call her prior to your visit on

**0207 486 77 57**

In an emergency or in case of doubt regarding your surgery and post operative condition, out of office hours, please contact Mr Ion's nurse on

**0774 96 44 519** or the hospital where you had your surgery:

West London Clinic

**0208 222 7999**

The Wellington

**0207 586 5959**

The Cromwell Hospital  
Resident Medical Officer

**0207 460 2000**

St Luke's Hospital

**02073884954**

The Hospital of  
St John & St Elizabeth

**0207 806 4000**

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