

Breast Reduction

Instructions for the Patient

Before the Intervention:

- If you are having a full anaesthetic, **do not eat, drink or smoke after midnight.**
- Taking Aspirin (or any other medication containing acetyl salicylic acid) is forbidden for ten days before the intervention.
- You are advised to take "Nutrimonium" food supplements during the month before the intervention. This can be bought at Beclinic or your pharmacy.
- On the day of the operation, you are advised not to wear any **make-up, jewellery/piercings**, contact lenses, nor any **nail varnish**.
- On the day of the operation, you are advised to wear loose-fitting and comfortable clothes.
- In the morning before the intervention, the body must be washed with a disinfectant soap of the Hibiscrub, Uni-Cura or Betadermyl variety (available from chemists).

NEW: hyperbaric oxygen therapy pre and post-operative. HBOT helps wound healing by bringing oxygen-rich plasma to tissue starved for oxygen. This therapy helps to improve/accelerate the healing process. Cost: 180€ for 2 sessions. Attached more information.

It is important and obligatory to wear anti-embolic stockings on the day of your surgery. Please provide the long ones up to above the knees. These you can buy at the pharmacy or at our clinic (30 £).

For Belgian patients: on the day of the procedure please bring a sticker from your health insurance company.

After the Intervention:

We can offer you a special bandage with negative wound pressure. Pocket sized PICO is designed to reduce disruption and supporting the breasts through the healing process. Benefits for you are better wound healing via suction of low exudate and nicer scarring.

This bandage will be placed after your surgery in the operating room. You can go home without any worries regarding wound care till the bandages may come off. Price: 350£.

- The day after the procedure you will be expected at the clinic in order to check the bandages if the doctor finds it necessary.
- After the intervention, a specific bra must be worn for 8 weeks, day and night. The bra can be briefly taken off after 48 hours, for a quick shower.
- Waterproof dressings are placed after the intervention in order to protect the stitches. They will be removed at the same time as the stitches, i.e. a fortnight after the intervention.
- You are advised to take Dafalgan (Paracetamol) at a rate of 1gr four times a day, alternating with Ibuprofen 600mg, three times a day and, possibly, Oxynorm instant 5mg, twice a day. This latter medication should be discontinued in case of nausea. Depending on the procedure, you will be given an adjusted pain schedule!
- Antibiotics will be prescribed for you and must be taken two times a day until the box is empty.
- An oedema will appear after the operation, but it will disappear of its own accord.
- The stitches will be removed after 10-14 days, by your doctor or at Beclinic. Sometimes no stitches have to be removed as the scar will be glued. This will be mentioned in your personal letter given after your surgery.
- Once the stitches have been removed, the doctor will place some steristrips and a waterproof dressing, which will be removed after seven days. The scars can be massaged with Zeitschild scar cream or Cicalfate (Avène) during 1 month. When they are closed, a silicon dressing (of the “Bapscarcare”, “Cerederm” or “Dermatix” variety) can be applied in order to encourage the healing process. The scars must be absolutely kept out of the sun for at least a year.
- You are advised not to carry any heavy objects nor to practise any sport for 6 weeks after the intervention. You shouldn’t take a bath during these 6 weeks, only a shower is allowed. No swimming pool or sauna.

We’d like to see you back for all after care in our Beclinic. A check-up is indicated after 72hours, 14 days and 8-10 weeks after surgery. You may book your check-up appointment(s) at our secretariat. For all In case of further questions, please email webinfo@beclinic.com or call our secretaries at +323099000 or on our free whatsapp number +32 (0) 477 322 000

After the operation, you will receive a personalised letter from us with important information that applies specifically to you. These may differ from the guidelines in this letter.