

Plastics Breast Surgeries Patient Information Pamphlet

What is a:

Breast Augmentation

A breast implant is used to enlarge the size of a women's breast. Implants may be saline, or silicone gel and the type and size will be selected by your surgeon after consulting with you prior to your surgery. .

Mastopexy

Is a surgical procedure that:

- Lifts the sagging breast
- Reshapes the breast
- Elevates the nipple to the center of the breast
- Reduces the size of the areola
- Improves on pre-existing breast asymmetry

Mastopexy can be done with breast augmentation or alone.

Breast Reduction

Breast reduction surgery or reduction mammoplasty, removes fat, glandular tissue and skin from the breasts, making them smaller, lighter and firmer and in proportion with the woman's body. The nipple can also be repositioned and the size of the areola (darker skin surrounding the nipple) can also be reduced.

How to Prepare for Post Procedure/Operative Expectations:

- Please discuss with your surgeon if you need to stop specific medications such as diabetic or blood thinning medications, and when to restart after your procedure.
- Discuss with your surgeon dressing/incisional care, activity precautions, and when you can expect to return to work.
- Please come prepared the day of surgery with a responsible adult to pick you up, stay and remain with you at home for 24 hours. You will not be able to drive for a minimum of 24 hours, or longer if you are taking certain prescribed medications for pain, or until your surgeon clears you to drive. You may also need to arrange transportation to outpatient clinics for surgeries requiring community care in the days or weeks following your surgery.
- Pain can be expected during your recovery time, and everyone experiences pain differently. You will be provided with directions on how to manage your pain at home.

References:

1. Canadian Society of Plastic Surgeons. Retrieved June 2019 from <http://plasticsurgery.ca/procedures/breastaugmentation>
2. Canadian Society of Plastic Surgeons. Retrieved June 2019 from <http://plasticsurgery.ca/-Breast-lift>
3. Canadian Society of Plastic Surgeons. Retrieved from June 2019 <http://plasticsurgery.ca/procedures/breast-reduction/>
4. National Association of PeriAnesthesia Nurses of Canada (2018). *Standards for Practice*.

