



PATIENT RECOVERY GUIDE

Breast Reduction Aftercare Instructions

Your personalised recovery guide following breast reduction surgery with Dr. Nazmi Baycin, Dubai.

PROCEDURE	PATIENT	DATE OF SURGERY	FOLLOW-UP
Breast Reduction	_____	DD / MM / YYYY	DD / MM / YYYY

Your recovery after a breast reduction is usually smooth, and the relief is often felt right away. Wear your support bra continuously, care for the suction drain until it is removed, and avoid lifting and overhead reaching while the tissue settles. The sutures are hidden and absorbable — nothing to remove — and your breasts settle into their final, lighter shape over about six months.

1 The First 48 Hours

- ◇ **Support bra.** Wear the surgical support bra continuously as fitted; it supports the breast and limits swelling.
- ◇ **Medication.** Take prescribed pain relief and any antibiotics exactly as directed.
- ◇ **Drain care.** Care for the suction drain as shown; it stays in for about 1–2 days to prevent fluid pooling.
- ◇ **Protect the incisions.** Keep the incisions clean and dry; you may shower 2–3 days after surgery.
- ◇ **Rest upright.** Rest and sleep on your back, slightly propped up; avoid lying on your front or side.
- ◇ **No overhead reaching.** Avoid lifting, pushing, and reaching overhead in the first weeks.

2 Recovery Timeline

- DAYS 1 – 3**
Early healing. No pain on day one from long-acting anaesthetic. Drain removed at 1–2 days. Shower at 2–3 days. Mild ache eased by medication.
- DAYS 4 – 10**
Back to routine. Most return to work, light activity and flying within a few days. Swelling and bruising fade within 7–10 days.
- WEEK 2 +**
Swimming & exercise. Swimming is fine after about two weeks once wounds have healed; resume exercise gradually as advised.
- MONTHS 1 – 6**
Final shape. The breasts settle under gravity, the fold reforms, and scars fade; the final, lighter shape settles by about 6 months.

“I designed your reduction to lift the weight and protect the nipple’s blood supply and sensation. Wear your support bra, mind the drain, and let it settle — the relief you feel now only improves as the months pass.”

— DR. NAZMI BAYCIN



3 Do's & Don'ts

RECOMMENDED

- ◇ Wear your support bra continuously as directed.
- ◇ Rest on your back, slightly propped up.
- ◇ Walk gently from the first day.
- ◇ Attend your drain-removal and follow-up visits.

PLEASE AVOID

- ◇ Lifting, pushing or reaching overhead early.
- ◇ Strenuous exercise or swimming before ~2 weeks.
- ◇ Smoking, which delays healing and risks tissue loss.
- ◇ Sun exposure on the healing scars.

4 When to Contact Us

⚠ Seek prompt advice if you experience any of the following

- Fever above 38°C or worsening chills.
- Increasing redness, warmth or one-sided swelling.
- Bleeding, discharge, or opening of an incision.
- Severe or increasing pain not eased by medication.
- A firm, growing collection of blood or fluid (haematoma/seroma).
- Any change in colour of the nipple or areola.

5 Discharge Checklist

- ☐ Surgical support bra fitted and spare provided.
- ☐ Pain relief and any antibiotics collected.
- ☐ Drain-care and showering instructions understood.
- ☐ Drain-removal and follow-up dates confirmed.

6 Your Follow-up & Contact

24 / 7 PATIENT LINE

+971 54 749 1111

For any urgent concern during your recovery, call this number at any time.

Website — www.nazmibaycin.com

Next appointment — DD / MM / YYYY · __ : __

Operating surgeon — Dr. Nazmi Baycin, FEBOPRAS