

### **Can I breast feed after breast reduction surgery?**

Some women are able to breast feed after a breast reduction but the majority cannot. This is because the nipple is moved upwards in this operation, which results in some of the milk ducts being cut during surgery. Therefore, it is better to have this surgery after you have completed your family. Also, if you do become pregnant after breast reduction surgery, your breast skin and ligaments will stretch and this will affect the long term results of your surgery.

### **Do I need to wear a special bra after surgery?**

Mr Huq recommends that you wear a well-fitted sports bra for 6 weeks after surgery (including at night). This is to help maintain the breast shape in the correct position during the crucial early weeks after surgery. You should buy 2 bras, so that your breasts will not be unsupported when the bras are being washed.

### **How soon can I return back to work?**

Mr Huq will provide you with an individualized recovery plan. However, in general, most patients can return to a desk-based job after 1 week. For more strenuous types of work, between 2 to 4 weeks off work may be required. It is important to avoid lifting your arms above your shoulders as this increases your risk of developing stretched scars.

Most patients can resume light exercises after 4 weeks (low impact) and can go back to more energetic exercises after 6 weeks.

### **When can I drive after surgery?**

You should aim to rest for the first week after surgery to allow your breasts to heal after the surgery. Driving can place stress on the breast tissues due to contraction of the underlying muscles. Mr Huq therefore recommends that you do not drive for 2 weeks after breast surgery.