

Itching and Burning Post Operatively

Burning and itching are common postoperatively. Besides eating better and removing other causes, burning, tingling and other sensations can be a part of nerve regeneration, which is normal part of healing.

You can try a few of these things to help yourself after you have explored your nutrition (decrease your alcohol, increase fruits and vegetables) and the more serious options such as allergic reactions. Please check with your surgeon, however, before trying one of the following, as some of these may be contraindicated in your exact case.

- Cool or warm washcloths on the itching area will usually help soothe your irritated skin. Don't apply any heat to a surgical area without permission.
- An anti-itch cream or spray can be a quick fix. Make very sure that your surgeon approves this one especially if your incisions have not closed.
- Gentle pressure with your fingers or hands on the area (no rubbing) can help with that "itching inside" feeling. Please be careful and get your surgeon's OK on this as well.
- A soft cotton t-shirt under your bra has been found to help with itching as well.
- Get naked if your surgeon has given you the ok to go without a bra. Sometimes just having your breast uncovered will help to relieve the itching.
- Switch to a different bra. Changing up, even temporarily, can move pressure points and alleviate the situation as well as help relieve soreness.

Remember that severe itching is a sign of allergic reaction and should be taken seriously.