

## **GETTING READY FOR BREAST REDUCTION SURGERY**

**What to expect** - You can expect to have breast soreness, bruising and swelling for several weeks. You may notice drainage on the dressings for a few days.

### **6 WEEKS BEFORE SURGERY**

Your surgeon may request you abstain from smoking and all tobacco products 6 weeks before and 6 weeks afterward. Failure to abstain from tobacco may result in your surgery being postponed or canceled as this complicates the healing process.

### **2 WEEKS BEFORE SURGERY**

**Medications** - Discontinue Aspirin and Aspirin-like products, Ibuprofen (Motrin), Naprosyn (Aleve), Vitamin E tablets and certain herbs like Ginkgo Biloba, St. John's Wort, Ephedra. If you take other herbs or vitamins, please phone our office. You may take Tylenol (Acetaminophen) at any time.

**Pre-Admission appointment** - must occur before surgery, unless otherwise directed by your surgeon.

**Surgeons fees** - are due at this time unless otherwise covered by insurance.

### **BEFORE SURGERY**

**Diet** - Do not eat or drink after midnight the evening before surgery, unless otherwise directed by the anesthesiologist.

## **POST-OPERATIVE INSTRUCTIONS**

### **FIRST 24-48 HOURS AFTER SURGERY**

- Your greatest discomfort will occur the first 24-48 hours following surgery. During this time, take all medication as prescribed. It is helpful to take pain medication with crackers or toast to avoid nausea which may occur if taken on an empty stomach. Also, if you are given additional prescriptive medication by your surgeon, please take as directed.

### **MEDICATION**

- Take all medication as prescribed. Avoid Aspirin and Aspirin-like products for 2 weeks after surgery. Tylenol (Acetaminophen) can be taken. Please limit Acetaminophen to 4 grams (4000mg) in a 24 hour period.

### **DIET**

- Eat and drink easily digested foods such as Jell-O, ginger ale or canned soups. These are tolerated well the first 24 hours after surgery. If you are not nauseous you may resume your normal diet.
- Drink plenty of fluids and eat fruit and high fiber foods to avoid constipation.

### **HYGIENE**

- You may shower and wash your hair 48 hours after surgery. Pat incisions dry. No baths please.

### **ACTIVITY**

- No lifting over 10 lb. until cleared by the doctor.
- When at home, take frequent rest periods - you may walk for short distances. Some walking is important to prevent clots from forming in your legs. As you increase your activity let comfort be your guide. If it hurts, don't do it.
- Check with your doctor before resuming jogging, aerobics, sexual activity or any vigorous exercise. General routine activities can be resumed 3 weeks following surgery.
- No heavy household chores.
- Continue to wear the bra placed on you at all times for 2 - 3 weeks. After that time, continue to wear a bra during the day although you do not have to sleep in it.
- Have someone assist you with bathing while you are taking pain medication.
- Limit your arm usage to routine daily functions such as brushing your teeth, eating and combing or shampooing your hair.
- Avoid vigorous arm motion that requires pushing, pulling and lifting heavy objects.
- As you heal and soreness subsides, let pain be the limiting factor in your activity. If it hurts, don't do it.
- You may refrain from working for 1 week afterward. Please check with your surgeon before returning to work. This is especially important if your job requires lifting or vigorous activity.
- Driving: If you have not taken pain medication for 24 hours, you may drive (preferably an automatic

transmission) 4-5 days after surgery. If it hurts, don't drive. Always use caution and good judgment in these matters.

- Sleeping: Avoid sleeping on your abdomen until all soreness has subsided. You may find greater comfort sleeping on 2-3 pillows.
- Avoid sunbathing for 2-4 weeks until cleared by the doctor.
- Do not wear an underwire bra for 3 months.
- Do not smoke for 6 weeks as smoking retards the healing process.

#### **WOUND CARE**

- Your dressing consists of Steri-strips (small tapes over the incisions), a strip of yellow gauze (optional), and a white gauze pad. An Ace wrap or bra may also be placed for protection and support.
- The outer white gauze and the yellow gauze may be removed 24 hours after surgery.
- Do not remove the Steri-strips which are fairly water resistant. If they fall off, just clean the are with hydrogen peroxide and replace them.
- Under the Steri-strips you will not see any sutures. All stitches are absorbable and hidden under the skin. You may however see staples.
- Remove the undergarment only when bathing or washing it. Otherwise continue wearing it at all times until you return to the office.

#### **NOTIFY YOUR DOCTOR IF**

- You have a fever of 101 degrees or more which lasts for 24 hours or longer.
- You develop any excessive swelling, redness or warmth of incisions.
- You experience severe pain not responding to prescribed pain medication.
- You develop thick, odorous drainage or bleeding that doesn't subside.
- You have any shortness of breath.

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