



PRE AND POST OP INSTRUCTIONS FOR BREAST REDUCTION

1. You should make arrangements to be off from work for at least two weeks following surgery.
2. If you have small children someone should help you with childcare for at least one week.
3. You should arrange for a responsible adult caregiver that is at least 18 years of age to be with you for at least 24 hours after surgery and preferably 48-72 hours post operatively.
4. Having your caregiver with you at your pre operative appointment is extremely beneficial.
5. You will be given a prescription for pain medicine with written and verbal instructions. Narcotic pain medication will cause constipation, and for this reason you should also use a product of choice such as: Prunes, prune juice, milk of magnesia, colace/stool softener, etc. to help keep you regular and avoid straining with bowel movements.
6. No smoking for a period to two months prior to and after your surgery.
7. Do not drive until instructed to do so (for at least one week). Do not drive while still taking Narcotic pain medications. When you do resume driving, start out with short trips (to see how you react) and gradually increase time and distance.
8. Do not take aspirin containing products or NSAID's (Ibuprofen, Aleve, Naprosyn, Motrin) two weeks prior to and after surgery. Tylenol is acceptable. Your prescribed pain medication contains Tylenol, and therefore you should not take additional Tylenol with the prescribed pain medication.
9. A postoperative bra will be placed on you after your surgery. This garment should be worn 24 hours a day (it is okay to remove for showering).
10. After the first 48 hours you may wear a sports bra in place of your postoperative bra. This bra should be one with good support, no under wire, and preferably one that opens from the front. The sports bra should be worn 24 hours a day for the first 3 weeks after surgery. During the 4th through 6th weeks after surgery the bra may be removed at night/during sleep.

11. Do not shower for 48 hours after surgery. After 48 hours it will be okay to sponge shower or sponge bathe. Avoid soaking or immersing your breasts in water. You may wish to stand with your back to the shower to avoid any discomfort from the shower stream directly hitting your breasts.
12. The gauze placed over the incisions may be removed after 48 hours, when you take your first shower. After showering, new gauze may be placed over the incisions inside the bra to absorb any drainage (bloody or serous) that you will likely have. Panty liners placed inside the bra usually work best.
13. If the outside gauze becomes stained or soaked through with fluid (blood/serum) before 48 hours, additional gauze may be placed on top for additional coverage. If you do not have gauze available, panty liners are a good substitute.
14. Usually there will be steri-strips/tape placed directly over the incisions. These should be left in place until they fall off on their own (usually two weeks). As the steri-strips start to come loose at the ends you may trim the loose ends with scissors.
15. If you have any drain(s), the nurse will instruct you and your caregiver how to empty and strip the drains at least every 8 hours and record the totals every 24 hours. Drains should be supported at all times, including when showering (pinned to garment or looped through a belt).
16. When arriving home you should remain relaxed. (Short walks are encouraged after the first day). You should not do any strenuous activities such as cleaning, exercising, or shopping until instructed. Avoid lifting (no more than 1 grocery bag at a time/10 lbs.), extending, straining or bending for at least two weeks after surgery.
17. Your swelling will increase for the first 72 hours and then gradually subside. You may notice increased swelling in the morning. However, this will subside as the day goes on.
18. You should not sleep on your stomach for at least three weeks.

We have spent considerable time and effort to make your surgical experiences as efficient and pleasant as possible. We would appreciate your suggestions regarding any area of your care, which you think, could be improved to make your experience more pleasant.

If you have any questions, please call the office between 8:00am and 5:00pm. If a problem should arise after office hours, the doctor can be reached through the answering service at (253) 627-2900.