

Reduction Mammoplasty

PREOPERATIVE INSTRUCTIONS

Have your prescriptions filled.

Do not take Aspirin, Anaproxin, Ibuprofen, herbs or vitamins for two weeks before and two weeks after surgery. These products cause bleeding and bruising. You may take Tylenol.

If you take any other medication daily, please notify the Doctor.

Routine preoperative tests may be necessary to provide optimum care and recovery.

Preoperative testing will be scheduled for you prior to surgery.

Please plan to stay overnight – The Facility provides 23 hour observation.

DAY BEFORE SURGERY

1. The night before surgery, shower with Technicare soap.
2. Do not eat or drink anything after midnight the night before surgery.

DAY OF SURGERY

1. You may brush your teeth and rinse your mouth but do not eat or drink anything.
2. Repeat your Technicare shower and shave your underarms the morning of surgery before you go to the surgery center.
3. Wear no make-up or nail polish.
4. Prior to surgery, remove contacts, glasses and let nurse know if you have dentures.
5. Do not bring jewelry or valuables with you.

POSTOPERATIVE INSTRUCTIONS

1. A dressing and bra will be applied in surgery. You will be given instructions for dressing changes and wound care at time of discharge from the surgery center.
2. Swelling and Discoloration: You should expect swelling and bruising from your surgery. The amount depends on the individual and it may last several weeks.
3. Pain: Numbness, shooting or burning sensations are expected. You will be given

a prescription for pain medication to control it.

4. Sutures: Most of your sutures are removed in approximately 14 days.

5. Activities: You may feel generally tired for one to two weeks. You should be prepared for this. Do not lift weights exceeding 20 pounds until your doctor releases you to do so. You may resume light housework, within the realm of comfort, after two weeks. You should not drive for approximately one week.

6. Bathing: Do not remove your dressing to bathe or shower until instructed to do so by the doctor.

7. Bra: You should wear a bra for support, this includes sleeping in it, for the first month. Do not wear underwire or push up bras during this time.

8. Things to report to the Doctor:

- an oral temperature over 101 degrees
- bleeding or drainage that saturates your dressing
- any separation of the suture line or breast tissue
- increased swelling
- pain or discomfort not controlled by the pain medicine