

Regional Plastic Surgery Center

Breast Reduction

Pre-op and Post-Op Instructions

Please read ALL the instructions outlined below.

Pre-Op Instructions:

- * Stop all aspirin products, female hormones (including BCP's), fish oil and herbal medications 10 days prior to surgery. Vitamins in standard doses can be continued through the date of surgery.
- * Wash the surgical areas daily with the antibacterial soap (Hibiclens) starting 3 days prior to the surgery (however do not use on the face: body only).
- * Please let your surgeon know if you have a history of post-operative nausea and vomiting. Breast surgery does carry a higher risk of post-op nausea than other procedures. In most cases you will be given preop medications for nausea (scopolamine, emend). Please take them as instructed. Even with optimal and maximal treatment, some patients will have post-operative nausea. Fortunately, it is time related and most often resolves 24-48 hours.
- * Please let your surgeon know if you or a family member have had any leg clots (DVT) or if you are unable to stop your hormones or have a clotting disorder (such as Factor V Leiden or Protein S deficiency). Your surgeon may need to consider medications or Sequential compression devices to prevent blood clots

Post-Op Instructions:

- * You **MUST** have a responsible adult available to drive you home the day of surgery and someone stay with you the first 24 hours (Uber or taxi to take you home the day of surgery for example is not acceptable).
- * After the first 24 hours, it is important that you have another responsible person available to assist you at least twice daily for the first 2-3 days after surgery.
- * It is extremely important that you take short walks every 1-2 hours in your home up until bed-time to prevent clots in the legs. We want this to start **THE NIGHT OF SURGERY!**
- * You will have pads or gauze on the breasts after surgery, it is common for these pads to have small amounts of blood or fluid on the pads. The pads may even soak through in some areas. This is normal. The gauze or pads

may be changed at any time. You may have a post-op surgical net or tape holding the pads in place, the tape or net is removed to allow removal of the pads.

- * After 12-24 hours you can remove the pads or gauze on the breasts and shower. The incisions can get wet with clean running water. You may use gentle liquid soap to wash the surgical incisions followed by rinsing off the soap with running water. However, no immersion in a bathtub, hot-tub, pool or lake until cleared for this by your surgeon. After showering, please re-apply pads and either the net “tube-top” or tape you had on after surgery.
- * The skin may have steri-strips or ointment on internal sutures. Or you may have external sutures. Please see the care instructions for these options on the web-site or other written post op care instructions.
- * Many patients do well with prescription strength Motrin for pain, but frequently a stronger pain medication (such as Hydrocodone) will be prescribed. We do not want you ever taking more than 8 tabs per 24 hours. We would like you to taper this medication starting 3-5 days after surgery to perhaps one tab every 4-6 hours. This medication will cause constipation and the best treatment for the constipation from this medication is to get off the medication as soon as possible. **Please use as prescribed.**
- * Slight temperature elevation during the first 48 hours after surgery is a natural consequence of the body’s reaction to surgical trauma. There is Tylenol in your pain medication that should control mild fevers. If the temperature is over 101, most of the time the cause is not walking or doing the incentive spirometry breathing treatments enough. Call us if your temperature stays higher than 101.5 for more than 8 hours and does not respond to walking, deep breathing and coughing.
- * Whatever you wear over your surgical dressings is entirely up to you. Some surgeons use surgical bras, others recommend loose fitting clothing only. A bra does not change the result so you may go without a bra. Acceptable post op options include a “bralette” commonly sold at Walmart or Target. These are fabric bras without underwire. A loose camisole or loose sports bra is also acceptable. If you choose to wear a bra it should be a loose-fitting, non-underwire bra for the first 6 weeks after surgery.

Activities:

- * No strenuous exercise for 2 weeks
 - No lifting >10 pounds
 - No aerobic activities (treadmill, bike, aerobic classes)
 - Do not increase your heart rate over 100 beats per minute
 - No weight lifting for 3-4 weeks (arms, chest, shoulders)

- * Remember to take brief walks every hour during the day, this will help to reduce swelling and decreases the change of blood clots.
- * Work may be resumed in 1-10 days depending on how you feel and job requirements. Ask your physician.
- * Do not drive within 6 hours of taking pain medication.
- * You may resume “normal activities,” such as, shopping and light chores as tolerated, usually within the first 3 days
- You may resume sexual activity when it is comfortable to do so. This is typically 1-2 weeks after surgery. It is important to avoid direct pressure to the breast skin during the healing process for the first 6 weeks.

What to Expect:

- * Mild to moderate pain requiring medication the first 2-5 days. Mild pain for 2-3 weeks. Full return to full activities at 4-6 weeks.
- * You can begin showering 24 hours after surgery. Do not soak your incisions in a tub or pool for 2 weeks.
- * It is very common to have altered sensation of your breasts, and this usually returns to normal within a few months
- * Your first appointment after surgery will be within 5-10 days.
- * It is normal to experience pulling or pinching sensation for weeks and sometimes months after surgery.
- * Swelling is to be expected for several weeks.