

## What to Expect Following Breast Reduction Surgery

### Before Your Surgery

- 1 week before your surgery, please stop taking the following medications:
  - NSAIDs such as Ibuprofen, Motrin, Aleve, Naproxen, *etc* as these can increase your risk of bleeding during and after surgery.
  - Aspirin and any Aspirin containing medications
  - Cold medications that contain Aspirin or NSAIDs
  - Multivitamins and any over the counter supplements
- Please notify your surgeon's office if you currently take any blood thinning medications such as Warfarin, Plavix, Lovenox, or Fragmin.
- Please call your surgeon's office if you have any questions regarding medications that you should/should not take before surgery.
- Please do not eat or drink anything after midnight the night before your surgery. You may take any necessary medications the morning of surgery with a small sip of water.

### Hospital Stay

- If you remain in the hospital following surgery you will likely be discharged the following morning.
- Post-operatively you may have drains; these will likely be removed prior to discharge.
- Before you are discharged from the hospital your pain will be adequately controlled with oral pain medication.

### Activity following surgery

- No heavy lifting (greater than 10 pounds) or raising your arms above your head until your surgeon has cleared you.
- You may not drive for until you are comfortable wearing a seatbelt and have been cleared to do so.
- Rest and take naps as needed throughout the day. You may feel tired the first few weeks after surgery.
- In order to prevent blood clots it is important to walk around as much as possible following your surgery.

### Pain

- You were likely prescribed pain medications. Take them as needed for pain. As your pain decreases you will be able to decrease the use of the narcotic pain medication and control pain with Tylenol only.
- Please avoid taking NSAIDs such as Ibuprofen, Motrin, Aleve, *etc* for a minimum of two weeks after surgery. These medications can increase your risk of bleeding.
- If you were prescribed a narcotic pain medication, it can cause constipation. In order to avoid constipation, increase your fluid intake you may also need to take a stool softener such as Colace or any of the other over the counter

stool softeners.

- Do not drive or drink alcohol while taking pain medication as it can make you drowsy and impair your judgment.

### Diet/Appetite

- You may resume your pre-hospital diet.
- Drink plenty of fluids, at least eight glasses of 8 ounces each day to help prevent constipation associated with pain medication.

### Caring for Your Wound:

- It is normal to have some bruising and swelling for a few days after surgery.
- If your wound has oozing or drainage, you may cover it with a dry dressing. Please be sure to change it everyday.
- Please wear the bra that was provided for you at all times except when showering. You may bring a sports bra that opens in the front with you to your follow-up appointment to change into at that time.
- Please leave your steri-strips in place until your follow-up appointment
- You may shower; just pat your incisions dry. No soaking or swimming for 2 weeks
- If you were given a prescription for oral antibiotics, please complete the entire course that was prescribed.
- Do not put any ointments or antibiotic creams on your incision. These will not make it heal faster.
- You should wear a sports bra for a period of one month. Avoid a tight bra with underwires and wait for 6 weeks before wearing a regular bra.

### Medications following surgery

- Resume your pre-hospital medications. Follow-up with your primary care physician regarding new prescriptions or refills of your home medications.
- If you were given an antibiotic; continue to take it until all of your drains are removed. Do not stop taking the antibiotic just because you feel better.

### Follow-Up Appointment

- If you are not given a follow up appointment when you leave the hospital, call your Plastic Surgeon's office and make an appointment to be seen within 1 week after your surgery.
- At this appointment, we will check your incision and remove any drains and/or stitches. Your surgeon will also discuss the results of the surgery and your treatment plan.

### Call our Office if:

- You have a fever greater than 101°F, chills, nausea, vomiting, shortness of breath, leg pain, increased incisional pain not relieved with pain medication; if you notice signs of wound infection (redness/tenderness at or purulent discharge from your incision); or if you have other concerns.
- Please call 911 or go to the closest Emergency Department for any life threatening

emergencies.