

## **Breast Reduction Pre and Post Op Instructions**

### **To and From Surgery**

On the day of surgery, plan for someone to drive you home, we recommend that you have someone watch over you at home as well. Be sure you have read and completed the Newport Beach Surgery Center paperwork before you arrive. You can call the surgery center to get more detailed instructions. Make sure you know how to get to the surgery center so you can be on time. You should not drive for one week after surgery.

### **Diet**

Do not eat or drink anything for eight hours before surgery. After surgery, be sure to drink enough water to prevent dehydration. After arriving home from the surgery center, avoid heavy solid foods the rest of the day.

### **Physical Activity**

After surgery you may feel tired, sore, and may have some bruising. Be sure to get some rest until the effects of the anesthesia have worn off. If at any time you feel dizzy after surgery lie down until you feel normal again. You may engage in normal activity, but do not do anything to elevate your blood pressure for at least a week. This will cause bleeding in the area which may result in a hematoma.

### **What to Wear**

You will not be raising your arms afterwards, so be sure to wear comfortable clothing such as a loose fitting zip-up and sweat pants to make it easier to get dressed.

### **Medication**

Discontinue taking aspirin, ibuprofen, and vitamin E one week before surgery (refer to the aspirin instruction sheet). Do not resume taking any aspirin, ibuprofen, or Alleve until 5 days after the surgery. Get your prescriptions filled a few days in advance to take after surgery. Take your antibiotics until the bottle is gone, and take your pain medication as needed. Each person experiences pain differently, but most patients experience the most pain the first day following surgery.

### **Wound Care & Bathing**

After surgery your chest will be wrapped in an ace bandage. It is normal to have some bloody drainage appear on the sides of the bandage. The bandage can be removed in a few days. You will notice tape strips across your incision sites; Dr. Doezie will remove them at the appropriate time about a week later. Fluid usually leaks under the tape strips where your incisions are. This is normal and therefore we recommend you wear clothing after surgery that you don't mind getting soiled. As long as there are no drains or other catheters in place, you may shower three days after surgery. Please do not ice the wound or

area near the wound unless given clearance by Dr. Doezie.

At the first follow-up visit, you will notice that the breasts seem somewhat swollen; it will take at least a month before all the swelling is gone, and one to two months for the breast to drop into the correct position and round out appropriately on the bottom.

Dr. Doezie recommends using silicone tape strips over the incisions to help minimize scarring. This can be purchased online at [www.newgelplus.com](http://www.newgelplus.com). For optimal result you should cut the tape to size and apply over the scars. Wear them for two months two weeks after the time of your surgery, you may remove them for showering or swimming. Each strip should last two weeks, if it begins to lose it's stickiness wash it with soap and water to remove the oils.

Call Dr. Doezie or his office if any of the following occur after surgery: Excessive pain and swelling in one breast that is dramatically worse than the other side; redness, pain, and swelling in one breast; high fever (it is normal to have a low fever in the first day or two after surgery); shortness of breath; excessive bleeding.

### **Follow-Up Visits**

You will come into our office the day after surgery for a follow up visit with Dr. Doezie. If you are on pain medication you need to have someone drive you to our office. Dr. Doezie will let you know when to make the rest of your follow-up visits, but will generally see you at regular intervals during the remainder of the healing process.

### **What Bring to the surgery center:**

Photo ID

Credit Card (no personal checks)

### **Other Suggestions:**

Paper or plastic bag for the car ride home just in case

A pillow for comfort on the way home

A bottle of water