

PRE-SURGERY INSTRUCTIONS: BREAST REDUCTION

The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you approach your surgery date. This is essential to your health and safety. There may be several weeks between your decision to have surgery and your actual surgical date. During this time there are several important considerations.

Practice proper fitness. You need not engage an aggressive or new fitness routine; however practicing good fitness habits is an important factor in your overall health and well-being. Upper body stretches and low-weight strength training now, can help to enhance your posture and your strength in the weeks following surgery. Most importantly, don't over-do it. Avoid anything strenuous or that could potentially cause injury to your shoulders, back, pectoral muscles, arms or upper body.

Good nutrition: Eat well during the weeks prior to surgery. Crash dieting, over-eating or high alcohol intake can greatly affect your overall health and well-being. A healthy, balanced diet is essential.

Stop smoking: Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for at least 4 weeks prior to surgery. You must also be free of any nicotine patch or nicotine-based products for a minimum of 4 weeks prior to surgery. This includes e-cigarettes, vapes, and marijuana or other THC-based products. Stay away from second-hand smoke, too. Your healing and health depend heavily on this.

Lead a healthy lifestyle: In the weeks prior to surgery maintain the best of health and hygiene. Practice good hand-washing and avoid individuals who are ill. A lingering cold, virus, or other illness can result in your surgery being rescheduled. Make certain to address any illness immediately, and advise our office of any serious illness or change in your health.

Prepare and plan: Schedule any time off of work, and any support you will need at home in the days following surgery, including housework, childcare, shopping, and driving. Make certain a responsible adult is confirmed to drive you to and from surgery, and that someone is confirmed available to stay with you around the clock for 24 hours, at least, following surgery.

Pre-operative testing: Make certain to schedule ALL of the pre-operative testing and clearance you have been given.

Relax and enjoy life. Stress and anxiety over life's daily events, and even your planned surgery can affect you. While some anxiety is common, any serious stress, or distress over the thought of surgery is something you must discuss with our office. We are here to support you and answer all of your questions. We want your decision to be one made with confidence.

Your post-surgery bra: Surgical garments will be provided to you at the time of your surgery, so you don't need to shop for a post-surgery bra. However, if you choose to purchase additional garments on your own, keep in mind:

- no under wires
- elastic cotton or other breathable unpadded fabric with good full-cup coverage and support
- wide, well-balanced shoulder straps and wide supportive band across the back and beneath the breasts
- front-closure, if possible

_____ **Fill your prescriptions:** These will be sent to your pharmacy approximately one week before surgery.

_____ **STOP taking the following for the duration before your surgery.** Taking any of the following can increase your risk of bleeding and other complications:

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| <input type="checkbox"/> Aspirin and medications containing aspirin | <input type="checkbox"/> Garlic Supplements |
| <input type="checkbox"/> Ibuprofen and anti-inflammatory agents | <input type="checkbox"/> Green Tea or green tea extracts |
| <input type="checkbox"/> Vitamin E | <input type="checkbox"/> Estrogen supplements |
| <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Oral contraceptives / birth control |

_____ **Find your comfort zone.** Locate the most comfortable place where you can gently recline and recover. You don't want to be testing locations or pillows the day of surgery. Shop for magazines, books and other things to keep you busy and entertained during the day or two following surgery.

_____ **Wax or shave your underarm region.** It may be uncomfortable to do so in the days immediately after surgery.

_____ **Relax.** Call our office with any unusual anxiety or concerns. Get plenty of rest. If you have trouble sleeping, call our office.

_____ **Please bring the following items for the day of your surgery:**

- All paperwork
- Your identification (e.g. driver's license)
- All prescription medications
- Reading glasses
- Your insurance card

_____ **Confirm your route to and from surgery, with the responsible adult who will drive you.** Also confirm plans with your 24-hour support person and make certain he or she has all of your post-operative instructions.

_____ **Shower as directed.** Use an anti-bacterial, fragrance-free soap. Shampoo your hair. Do not use any scented skin creams or moisturizers.

_____ **Do not eat or drink anything after 12 am (midnight) the night before surgery.** Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery. This includes candy, gum, and mints.

_____ **Dress appropriately on the day of the surgery.**

- **Do not wear cosmetics, jewelry of any kind, contact lenses, hair clips, body piercing:** (If there is something you cannot remove, let the admitting nurse know right away.)
- **Wear comfortable, clean, loose-fitting clothing:** Wear only a top that zips or buttons up the front. Do not wear pullovers, turtlenecks or any tight fitting top or bottom. You may wear a robe. Wear slip on shoes. Wear clean cotton socks, as the operating room can feel cool.