

PREPARATIONS FOR YOUR BREAST REDUCTION SURGERY

TWO WEEKS BEFORE YOUR SURGERY

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. If you are diabetic or taking a blood thinner medication, you will be given special instructions regarding how to manage your medications. **Products containing aspirin should not be taken 2 weeks before or after your surgery (see medication advice information sheet).** If you have been prescribed a blood thinning medication or aspirin, please consult your prescribing physician before stopping them for surgery. **DO NOT STOP ASPIRIN IF YOU HAVE A STENT IN PLACE.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us. Please inform my office of any homeopathic remedies you are taking prior to your surgery. Have your labs drawn at an OSU lab. The order has been placed in the computer Fill your prescriptions before your surgery. Don't bring them to surgery. **Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery and 4 weeks after surgery (this includes the use of smokeless tobacco products, and nicotine patches or gum).**

THE EVENING BEFORE YOUR SURGERY

Get a good night's rest.

Make some jello and/or soup for after your surgery.

You will be provided with anti-bacterial surgical wash to use the night before surgery. Armpits, groin, breast, surgical area need to be washed, rinsed thoroughly, and dried.

Do not eat or drink anything after midnight the night before surgery.

MORNING OF SURGERY

Use the anti-bacterial surgical wash provided to you the morning of your surgery. Armpits, groin, breast, surgical area need to be washed, rinsed thoroughly, and dried. Do not wear contact lenses, hairpieces or hairpins. No nail polish, lotion or creams. Do not bring personal valuables such as jewelry. Wear loose comfortable clothing, preferably a button or zip up top and loose pants, and comfortable shoes. Please be sure someone can drive you home and stay with you for 24 hours. You will not be allowed to drive yourself home.

After surgery:

Take deep breaths frequently after surgery. 4-5 every commercial break on TV or 10 x's an Hour.

Eat a high protein, low salt diet. Drink 4-8 ounces of fluid an hour while awake. Water, Gatorade, tea, and low sugar juices are recommended. Get up and move. Walking is encouraged, at least 5 x's a day. Bathroom, kitchen, etc. Do not do anything that hurts.

Do not reach with your arms. No heavy lifting or strenuous activity for 6 weeks & until cleared by the doctor. Your recovery will take approximately 6 weeks. The swelling gets worse for 4-5 days, then it begins to resolve. You may have swelling for up to 6 weeks. Bruising "blossoms" for about 3 days.

Your incision will be closed using dissolvable stitches and Derma bond surgical glue. You can shower the next day or wait until day 2 if you'd like. Let the warm soapy water run over your incisions. If you have drains, you will need to secure them to a string around your neck or lanyard.

No swimming or hot tubs until cleared by the doctor.

Wear supportive bra 24 hrs. a day for 6 weeks. You can take it off to wash it then put it back on immediately afterwards. You can wear another front closure sports bra while washing the surgical bra for comfort. You may place a gauze/pad between bra and skin below the breast to decrease pressure of bra rubbing on incision line.

Dr. Janis will see you 1 week after surgery then scheduled accordingly as discussed today.

Take your medications as prescribed. Use narcotic pain medication if needed. Pain pills can be nauseating; take them with some crackers or toast. Once prescription medications (ie. Celebrex, Gabapentin and/or Oxycodone) are complete, you can start taking over the counter pain medications (Ibuprofen/Advil, Acetaminophen/Tylenol or Aleve). NO ASPIRIN.

Take a stool softener or laxative as needed to prevent constipation. If you have drains in strip them several times a day, empty drain bulbs at least twice a day and record them on the sheet provided. You will need to bring the sheet to your post-op appointment. Your doctor will remove the drains in the office.

You cannot drive or operate machinery while taking pain medication or while you have drains in.

If you have severe nausea & vomit, have a temp 101 or higher, increased swelling, redness, increased drainage, drainage with an odor, opening of the incision or overall not feeling well notify Dr. Janis by calling the office 614-293-8566. If it is after office hours the Physician On-Call will be notified. If you feel it is an emergency, go to the nearest ER or call 911.