

Instructions for Breast Reduction

PRE-OPERATIVE INSTRUCTIONS

- Aspirin - Do not take Aspirin or Aspirin containing compounds for two weeks before surgery. Aspirin may cause increased bleeding and bruising. You may take Tylenol.
- Smoking - No smoking for three months before and three weeks after surgery. Smoking will result in poor wound healing.
- Medications - Notify us if you routinely take any medication. If you are taking medications for any condition (i.e. heart, blood pressure, diabetes, seizures, etc...), please be sure to discuss with the doctor what should be taken the day of your surgery.
- Illness - If you develop any symptoms of a cold, cough, or infection, call our office for advice.
- Bra - Please discuss with the nurse what type of bra to wear after surgery. We will provide you with instructions as to where to purchase the bra and how to choose a size. Bring the bra with you to the surgery center the day of surgery. This should be worn at all times except for showering, to provide support and help reduce swelling. After three weeks you may wear other bras, but keep in mind that your swelling will continue to decrease. Your final bra size may change.
- Fasting - Do not eat or drink anything after midnight the day before surgery.

DAY OF SURGERY

- Shower and shampoo the morning of surgery and report to the surgery center at the designated time. The facility will call you with your arrival time.
- Do not take jewelry or valuables to the surgery center. Remove all piercings before arrival.
- Wear loose comfortable clothing. Bring your bra.
- Someone must drive you home. Also, a responsible adult needs to stay with you the first night home.

POST OPERATIVE INSTRUCTIONS

1. Rest at home for the first 24 hours.
2. You may experience discomfort for the first day or two. A prescription for pain medication will be provided. Do not take on an empty stomach as it may cause nausea.
3. Showering and shampooing is allowed as soon as you are home. You may get the plastic dressings wet. Pat dry and reapply your bra. No drainage tubes are needed.
4. The dressings will be removed in a few days. After the dressing is off, wash all suture lines with soap and water daily.
5. Do not apply lotions or oils to the incision lines. You will be given scar instructions 2-3 weeks after surgery.
6. Your sutures will dissolve. Keep the white tapes (steri strips) in place until they fall off.

7. Avoid strenuous exercise such as jogging, running, or aerobics for three to four weeks after surgery. You may drive when you feel in control of the vehicle. You can resume sexual activity when you feel it is appropriate.
8. You may experience some bloody drainage from the incision lines. Use gauze pads, sanitary pads, or nursing pads as needed to avoid soiling your clothing. Sterile dressings are not necessary.
9. Despite the greatest care, any wound can become infected. If your breast becomes more swollen, red, starts to drain profusely or becomes increasingly more painful, contact our office for advice.
10. Numbness of the breast skin or nipple is sometimes evident for a variable amount of time.
11. Your skin will be more sensitive to sun exposure for several months following surgery. Use of tanning beds directly on breast skin should be avoided.
12. Return to work will be discussed with the doctor.

THINGS TO REPORT TO OUR OFFICE

1. Severe pain unrelieved by medication.
2. Temperature of 100 degrees or greater.
3. More swelling and/or pain on one side than the other.
4. Nausea or vomiting.
5. Marked discoloration of the nipple area.

Should any of these conditions exist, or should you have concerns about your surgery, you can reach the office at 717-728-1700 or Dr. Stratis on his cell number 717-574-2116.