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REDUCTION MAMMOPLASTY

A **Reduction Mammoplasty** is a beneficial surgery to reduce the size of your breasts and decrease back pain, neck pain, shoulder pain and rashes under the breasts.

Pre-operative Instructions

1. Do not take aspirin or anti-inflammatory medications for 10 days before surgery as this may increase the risk of bleeding. Tylenol is acceptable.
2. If your surgery is done as an outpatient, you will be given prescriptions that need to be filled in advance. Do not take them until after your operation.
3. Prior to your surgery date, purchase an inexpensive, stretchy bra. Something that offers support but avoid anything with under wires or that is too tight.
4. If you are going home the day of surgery you will need a driver and someone to take care of you the first 48 hours.

Post-operative instructions

1. You may be in the hospital 1-2 days. You may have drains and will be instructed at the hospital on care, emptying, etc.
2. Notify the doctor if any of the following occur:
 - Temperature over 101 degrees or chills
 - If a drain bulb completely fills after emptying and/or dressings are sloppy wet with blood.
3. You may shower the next day after drains have been removed.
4. For the first few days you may shower and clean the incisions as needed with soap and water. Then cover with small amount of ointment, gauze dressings and a supportive wrap. You may experience some oozing from incisions for one to two weeks. This is normal.
5. It is common to experience swelling and discomfort. Do not apply ice packs or heating pads to the breast.
6. Take medications with food to decrease stomach upsets. If narcotics cause nausea and/or vomiting, discontinue use and try Ibuprofen or Aleve.
7. It is O.K. to use Ibuprofen or Aleve in between doses of other pain medications. Try to wait at least two hours between any medication doses.
8. You may begin driving when you are no longer taking narcotics.
9. Avoid lifting objects 10 pounds or more, and avoid strenuous activities for 2 weeks after surgery.
10. Make a follow up appointment for 7-10 days following surgery.