AESTHERA

PLASTIC SURGERY

BREAST REDUCTION INSTRUCTIONS

This handout provides information on how to prepare for your breast reduction operation and what to expect as you are healing after your operation. Please read the handout carefully. Feel free to ask questions at any time.

Important information about preparing for your breast reduction operation:

1. Do not take products containing aspirin, ibuprofen (Advil, Motrin),Vitamin E or red wine for 2 weeks prior or for 2 weeks after your operation. Many medications contain these compounds which are known to prolong bleeding. It is safest to take only Tylenol® for aches and pains prior to your operation.

2. Your prescriptions will be sent to you ahead of time. You should fill these prior to surgery and have them available for when you arrive home from the hospital.

3. Please arrange for a friend or family member to stay with you for the first 24-48 hours following your surgery.

4. Be aware that you will not be able to fly for two weeks following your operation and please plan accordingly.

5. In general, you will need to take one to two weeks off from work.

On the day of your operation:

- Do not wear makeup, contact lenses or jewelry on the day of your operation. Do not use hairspray, gel or mousse.

- Please keep your valuables at home.

- Wear comfortable clothing that is easy to dress in and out of. Wear a shirt that buttons down the front.

After your operation:

1. After your operation, you will wake up with bandages and a brassiere covering your breasts. There may be drainage tubes under the brassiere. The drainage tubes will be removed before you leave the hospital.

2. The bandages and brassiere will stay in place for 2 days. At that point, you may remove the bra and throw away the bandages. You can then take a shower. Have someone assist you in the shower in case you feel faint. Keep the water pressure on your back and not directed toward your breasts. The tapes over the incisions can get wet in the shower.

3. After your shower, gently pat the breasts and the tapes dry with a towel. The tapes over the incisions will stay on for several weeks. Replace the brassiere or use a sports bra and keep it on at all times, day and night, for 6 weeks.

4. You should purchase a supportive sports bra without underwires. Some sports bras have a front zip which is helpful. You will need to wear a brassiere at all times, day and night for 6 weeks.

5. Rest and sleep on your back, not on your sides.

6. Once home, you may get up to use the bathroom or to take a light walk around the house. Exercise caution in your home and be careful with tasks such as climbing stairs when you are taking pain medications.

7. An occasional complaint after the operation is nausea, although this generally passes within 24-48 hours. It is important that you drink liquids frequently after your operation. Do not take your pain medication on an empty stomach as you may experience nausea and/or vomiting.

8. Use the pain medication as prescribed when you are feeling uncomfortable.

9. It will be at least 2 weeks before you can begin light exercise such as walking or using a stationary bike.

10. Heavy exercise, heavy lifting and carrying a back pack are not permitted for 6 weeks.

11. You will be able to drive after one to two weeks. Be aware that pain medications cause drowsiness and should not be used before driving.

12. You may or may not have drains, (small tubes the size of IV tubing), coming out under each breast. Dr. Chegireddy decides if these are necessary during the operation. If you have drains they will be removed in the office at the first appointment.

What to expect as you are healing:

1. Your breasts will be swollen and bruised. These changes are normal and will take several weeks to subside.

2. Your breasts will appear very round and high on your chest. Your breasts will resume a more natural shape over the next few months.

3. Numbness in the breast and nipple area is common and usually gets better over a period of several weeks or months.

4. Occasionally, you may have staining or drainage from the incisions over the first few weeks. You may place gauze or a cotton sanitary napkin in your bra to protect your clothes.

5. Your incisions may be raised, red, and feel hard for several months. The final result will not be apparent for approximately 6-12 months after the operation.

Follow-up appointments:

1. You will have several follow-up appointments after your breast reduction operation.

2. Your first follow-up appointment will be within 1 week.

3. Your second appointment will be three weeks after the operation.

4. Subsequent appointments are usually at three months, or as suggested by Dr. Chegireddy.

If you have any questions you may reach Dr. Chegireddy by calling the office at (404) 446-0044 during and after business hours.