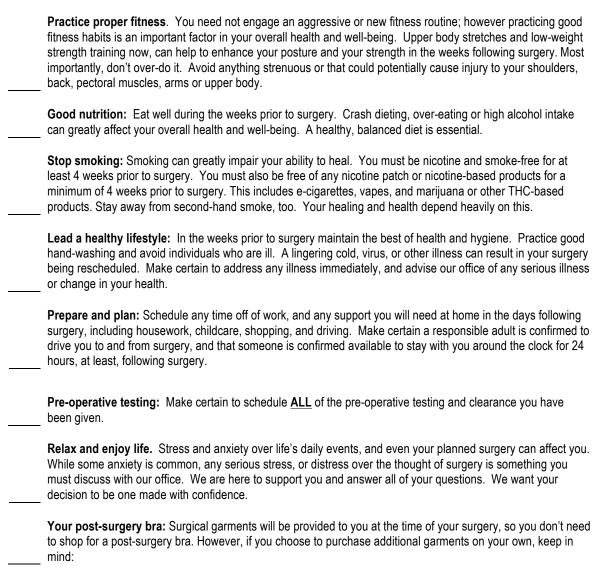


PRE-SURGERY INSTRUCTIONS: BREAST REDUCTION

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.



- 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:
 ☐ Aspirin and medications containing aspirin ☐ Ibuprofen and anti-inflammatory agents ☐ Vitamin E ☐ St. John's Wort ☐ Garlic Supplements ☐ Green Tea or green tea extracts ☐ Estrogen supplements ☐ 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.