



## *Preoperative Instructions for Breast Reduction*

### *Preoperative*

- 1. A preoperative appointment will be scheduled one to two weeks prior to your day of surgery. This appointment will not be made until your surgery has been authorized by your insurance company. At this appointment, your medical history, specifically your list of medications and herbal supplements, will be reviewed. Two weeks prior to surgery, all herbal supplements, Vitamin E, and aspirin or ibuprofen containing products should be discontinued to decrease bleeding and subsequent bruising. Depending on your age, preexisting medical problems, and facility where your surgery is scheduled you will be sent for blood work, and possibly an EKG. In addition, you may be asked to obtain formal medical clearance from your family doctor/internist, or an appointment may be set up at Shands to undergo preadmission testing (PAT) at which point an anesthesiologist will review your medical history and order additional tests if warranted to safely clear you to undergo general anesthesia.*
- 2. You must quit smoking at least 3 weeks prior to surgery. Your surgery will be cancelled if you continue to smoke as smoking increases your chances of respiratory problems and wound healing problems. This is an elective procedure, with multiple incisions that will not heal, resulting in a poor cosmetic outcome and long term wound care if you continue to smoke!*
- 3. The week of surgery, wash daily with an antimicrobial soap to decrease your chances of infection. In addition, at your preoperative appointment you*

## *Day of Surgery*

*1. Please arrive at the surgery center 2 hours prior to the surgical start time. During this time you will complete paperwork, change into a surgical gown, receive intravenous fluids and preoperative medications, and women of child bearing age will be given a urine pregnancy test. You will have an opportunity to review any questions with Dr Ranieri and the anesthesiologist. In addition, Dr Ranieri will perform a series of preoperative markings.*

*2. You must have a responsible adult available to drive you home after surgery and stay with you for at least the first 48 72 hours after surgery. If you have young children, you need to arrange for childcare. Keep in mind that you will be prohibited from picking up your child for 3 4 weeks after surgery, and appropriate assistance should be set up before surgery. This is related to wound edge separation and prolonged wound healing which results from any lifting, pulling, and pushing in the immediate postoperative period.*

*3. Please leave all valuables at home, including body piercing jewelry. Metal will conduct electrical currents and may lead to burns.*

*4. To reduce infection, do not wear makeup, lotions, or deodorant on the operative area.*

*5. To simplify anesthetic monitoring, do not wear nail polish on either hand.*

*6. You will stay in the recovery area for approximately 1 2 hours. Typically, it takes this amount of time until amou*

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*e. Walk around the house every hour while awake to help maintain your circulation ( to minimize your chance of a blood clot) starting the day of surgery. Be careful when you change positions the first week, as you may experience mild dizziness or lightheadedness.*

*f. Wear UV protection (SPF 30 or greater) to protect your incisions from burns and hyperpigmentation. Avoid lengthy sun exposure.*

*2. You may resume your preoperative diet as tolerated. Start with clear liquids, advance to full liquids, full*

## *Postoperative Weeks 2 6*

*Most patients are able to return to work in 3 4 weeks after their surgery, at least part time or with restrictions.*

*You may resume long leisurely walks and increase non strenuous activity gradually. You should continue to avoid lifting, pulling, pushing, or reaching above your head for 3 4 weeks or until all incisions are healed. This includes picking up children!*

*Aerobic activity and upper body exercise may be resumed at 6 weeks if there have been no wound healing problems. Lower body exercises may be resumed with restriction in 3 weeks.*

*You should wear your surgical bra for 4 weeks after your surgery, or until all incisions are healed and there has been return of normal sensation underneath your breasts. At this point, there are no restrictions regarding the specific bra you must wear (you may go bra shopping and buy the bra you always wanted to fit into). All swelling will not subside for six months (wearing a bra will help this occur faster), at which point your final result will be evident.*

*Avoid direct or indirect sun exposure to the operative site to minimize pigment changes that may become permanent.*

This instruction sheet is written to answer most common questions regarding breast reduction surgery. If any additional questions arise, or postoperative problems occur that are not detailed above, please do not hesitate to call the office during regular hours or the answering service after hours at (904) 633 0130.