

PREOPERATIVE INSTRUCTIONS FOR BREAST REDUCTION SURGERY

ADVANCE PREPARATION FOR YOUR SURGERY:

You will need to arrange for someone to pick you up following your surgery. Please ensure that this person is available at any time during the day to pick you up. In addition, it would be preferable for someone to stay with you for one night following your surgery. This is advisable because the anaesthetic medications you have been given will make you feel drowsy and possibly nauseated.

Post operatively, you will have to avoid strenuous activity; lifting and reaching will be uncomfortable. Therefore, you need to arrange time off work for approximately 1 to 2 weeks.

PRIOR TO YOUR SURGERY:

*On the day prior to surgery, you may eat and drink as desired until midnight. **AFTER MIDNIGHT, DO NOT HAVE ANYTHING TO EAT OR DRINK – NOTHING BY MOUTH!***

ASPIRIN & PAIN RELIEVERS – Several common pain relievers including Advil affect how blood clots. There are about 24 such medicines and they are sold over the counter. Avoid products containing ASA for a period of 2 weeks before surgery and 2 weeks after. Remember that many over the counter preparations contain ASA, such as 222's, Anacin, Alka Selzer, etc. The purpose of this is

to avoid the bleeding tendency which ASA causes. Tylenol does not contain any ASA and may be taken as needed.

HERBAL MEDICATIONS – *check with your doctor.*

SMOKING – *avoid smoking preoperatively for 6 weeks. Nicotine is a well-known constrictor of blood vessels and can be the direct cause of poor healing and even death of skin after surgery.*

HORMONE REPLACEMENT DRUGS AND BIRTH CONTROL PILLS – *please discontinue taking any of these drugs one month prior to surgery.*

VITAMIN E – *Avoid large doses of Vitamin E for 3 weeks pre-operative and 2 weeks post-operative to avoid potential delayed healing.*

The night before your surgery and the morning of your surgery, have a shower and cleanse the area from your neck to your waist with Dexidine 4 (chlorhexidine-based, anti-bacterial soap. This can be purchased at any drug store, Safeway, etc. without a prescription).

*Again, on the day prior to surgery, you may eat and drink as desired until midnight. **AFTER MIDNIGHT, DO NOT HAVE ANYTHING TO EAT OR DRINK – THIS INCLUDES NO GUM, CANDY OR WATER. NOTHING BY MOUTH!***

MORNING OF SURGERY:

Remember to use Dexidine 4 (anti bacterial soap) on the area between your breasts and thighs as described above.

Do not wear any makeup to surgery. Make sure finger and toenail polish has been removed. Do not wear any jewelry or bring any money unless you are paying for the anaesthetic fee on the day of your surgery..

Wear loose and comfortable clothing. We suggest that you wear a top that buttons or zips up the front, as it will be difficult for you to raise your arms. Do not wear high-heeled shoes.

When you arrive at the office, be prepared to tell the staff the name and phone number of the person who will be picking you up and taking you home. They will be contacted when it is time to pick you up.

If you have any questions or concerns, please call our office at (604) 876- 1300.