

PREPARATIONS FOR BREAST REDUCTION SURGERY

Date:

Arrival Time:

FOUR WEEKS BEFORE YOUR SURGERY:

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. **Aspirin-containing products or Ibuprofen should not be taken 2 weeks before or after your surgery.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my office of any homeopathic remedies you are taking prior to your surgery. Most herbal and homeopathic medications interfere with anesthesia, cause bleeding, and inhibit wound healing.

Stop all hormone therapy/medications four weeks prior to your surgery.

Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery (this includes use of smokeless tobacco products, and nicotine patches or gum). You MUST tell Dr. Kenkel if you fail to stop smoking.

THREE DAYS BEFORE YOUR SURGERY:

Purchase Hibiclens soap from your local drug store and scrub your body thoroughly each night prior to your surgery. This will help decrease your risk for infection. You do not need a prescription to purchase this. Do not use this soap for your face and be careful not to get any Hibiclens near or in your eyes.

Be sure to pick up your prescriptions so you will have them when you get home.

THE EVENING BEFORE YOUR SURGERY:

Take a shower, shampoo your hair and wash your face. Do not use conditioner or hair spray after shampooing.

Purchase Hibiclens soap (chlorohexadine) and wash your **body only** for three days prior to surgery. **Do NOT use it on your face.**

Make some jello and/or soup for after surgery.

Get a good night's rest.

Do not eat or drink anything after midnight.

THE MORNING OF YOUR SURGERY:

If you are taking medications, please discuss these with Dr. Kenkel. Some medications may need to be held the morning of your surgery.

Do not eat or drink anything.

Do not wear contact lenses, hairpieces or hairpins. Do not bring personal valuables such as jewelry or cash. Wear loose comfortable clothing, preferably a button or zip up top (do not wear a top that has to be slipped on over your head), loose pants, and comfortable, slip-on shoes.

Please be sure someone can drive you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. You will not be allowed to drive yourself home.

AT HOME AFTER YOUR SURGERY:

We encourage you to get out of bed as soon as possible. This helps you take deep breaths and prevents your lungs from collapsing.

You will have “glue” or “tape” on your incisions. You do not need to care for the incision site unless otherwise specified by Dr. Kenkel. After the first few weeks, the glue will start to peel. Do not pick the glue off. Let it come off on its own. Dr. Kenkel will then instruct you on how to care for the incision.

Most of our sutures are dissolvable, however, we will remove the suture ends at 7-10 days.

As with all wound healing, the incisions will be raised, lumpy, and numb for several months after surgery before they fade in color and smooth out.

To help assure the finest possible scar, steristrips should be placed over the incisions beginning at one week to help support them in the first few months of the wound-healing phase.

Strenuous activity and exercising is to be avoided for at least 3 weeks after surgery. This includes lifting anything heavier than five pounds in weight.

Please wear a supportive bra 24 hours a day (except for showering) for the first 2 months. This is very important and will help you achieve a better scar.

POSTOPERATIVE INSTRUCTIONS

Call my office immediately if:

1. You have a sudden onset of pain, fever, or redness.
2. You are concerned about anything.

Be particularly alert for fever (oral temperature greater than 101°), excessive pain at the surgical incisions, nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heart beat, or rapid breathing rate.

GENERAL INFORMATION

Strenuous activities and exercise are to be avoided for at least 2 weeks after your surgery. You may gradually resume normal activities after 48 hours being careful to avoid any activity that causes pain or discomfort. Strenuous activity/heavy lifting of objects greater than 5 lbs. should be avoided for 3-4 weeks after your surgery.

Bruising and swelling are normal and will disappear in time. Your breasts will change shape over the first 1-2 months.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided. Use a sunscreen with an SPF20 or greater that contains zinc oxide for at least 6 months, once the incisions have healed.

You may resume driving when you are no longer taking narcotic pain medications and when a sharp turn of the steering wheel will not cause pain. Typically this is 4 to 7 days after your surgery.

Please take all medications carefully and as directed. Please follow all instructions which may accompany the medications, such as taking it with food or avoiding alcohol, driving restrictions, etc. Take medications at the specific times they have been ordered. Failure to take your medications as instructed could influence your results.

Remember to follow any special instructions, which have been given to you and call our office if you have any questions.

**OUR TELEPHONE NUMBER IS (214) 645-2353
(answered 24 hours a day)**