

# Laurence Kirwan, FRCS, Plastic Surgeon

## Breast Reduction Instructions

### Preoperative Instructions:

1. DO NOT TAKE ANY ASPIRIN PRODUCTS (Such as Ibuprofen or Advil) OR VITAMIN E tablets or gel caps, FOR 3 WEEKS PRIOR TO OR AFTER SURGERY. See also Do's and Don'ts. Aspirin thins the blood, causing bleeding and bruising. Tylenol or Paracetamol may be taken.
2. DO NOT SMOKE THREE WEEKS BEFORE OR AFTER SURGERY. SMOKING HAS A DIRECT EFFECT ON HEALING.
3. DO NOT DRINK ALCOHOL OR CAFFEINE FOR THREE WEEKS BEFORE OR AFTER SURGERY.
4. Shower and shampoo with *Antibacterial Soap* prior to surgery paying particular attention to the breast area. Do not apply creams of any kind or deodorant. Do not use spray deodorant at any time.
5. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF SURGERY. The only exception is medication which we instruct you to take with a sip of water.
6. Please wear a zip up top and pull up pants to the office on the day of surgery. Sweats work well. Wear flat shoes – no high heels or sandals. Do not wear makeup, jewelry or panty hose. Remove all body piercings. These guidelines are for your safety.
7. Please have your pre-operative testing results faxed to the office @ 203 853 1862 well in advance of your surgery. Alternatively, send scanned results by e-mail to drkirwan@drkirwan.com

### Post Operative Instructions:

Your surgery will take approximately 3 hours. You will be transferred to the recovery room until you have awakened sufficiently to return home.

A RESPONSIBLE ADULT (OVER 18) MUST DRIVE YOU HOME AND REMAIN WITH YOU FOR 24 HOURS AFTER SURGERY. You will need someone to drive you the next day for your follow up appointment. If necessary alternative accommodation and nursing care can be arranged.

1. You will go home with a bandage wrap after surgery. The wrap will be removed in 1-2 days. You will need to purchase a soft sports bra that hooks in the back, usually one cup size than what you wear now. The chest size will need to be one size larger to allow for swelling after surgery. You will wear the bra for at least 2 weeks once the bandage is removed. Bring several sizes and styles to try when you come for your visit after surgery. If you are staying overnight at the hospital, bring them with you for surgery so that you can go home in the sports bra.
2. You may take showers during this time. It will be helpful to sleep with your head elevated with pillows and cushions under your arms for 2-3 days. This will relieve the tension on your upper arms and make it more comfortable for you to get a good night's rest. After this you may sleep on your side but not on your tummy.
3. You may experience 'twinges' within your breasts post operatively. The frequency and intensity of these sensations will lessen as the week progresses.
4. 2-3 days after surgery, your upper abdomen may become 'bloated.' This is due to the swelling and extra fluid in your breast settling into your upper abdomen by gravity. Your body will reabsorb this and eliminate it on its own. This is only temporary and usually resolves after one week.
5. You may feel numbness in the lower half of your breasts. This area of numbness will narrow as the months go by.

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6. For 2 weeks after surgery, keep your arms, from the shoulder to the elbow, at your sides as much as possible. You can lift your upper arm to shoulder height and you should exercise your shoulders by putting your hand behind your head and then behind your back to put your shoulder through a full range of motion and avoid a stiff or frozen shoulder. Avoid any heavy lifting or reaching upwards or backwards. You may resume most of your normal activities within 3-4 weeks.
7. Approximately 10 days after surgery, 'Kelacote' is recommended to be massaged into your scars with light pressure, at night, for a minimum of three months. This will help to prevent thick and raised scars. Elta sun block is also recommended to prevent hyperpigmentation. Bathing suits alone will not provide the necessary protection from the sun. Dr Kirwan also recommends Extra Mild Protection Cream (La Roche Posay) in the morning, to soften the scars. All creams should be applied in a thin layer only. All stitches are absorbable.
8. 8 WEEKS AFTER SURGERY, you may resume strenuous activities such as heavy lifting, , golf, tennis, swimming, running, etc. but only if you can tolerate them comfortably. Start slowly.
9. If you have any questions, please do not hesitate to call the office @ 203 838 8844 (USA, CT) / or @ 212 838 8844 (UK/NY) and 020 7637 4455 (UK) – after 2:00 pm GMT.