KIRWAN
PLASTIC SURGERY

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BREAST REDUCTION - PRE AND POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

1.Do not take any aspirin products or NSAIDs (such as Motrin, Advil, Aleve) or Vitamin E for 3 weeks prior to or after surgery. These medications thin the blood, causing you to bleed and bruise more. You may take Tylenol for pain. See our separate list of medications to be avoided.

2.Do not smoke for three weeks before or after surgery.

3.Do not drink alcohol for three weeks before or after surgery.

4.DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. No Exceptions.

5.Please wear a top that fastens in the front with buttons or a zip and pull-on pants on the day of surgery. Sweats work well. Wear flat, slip-on shoes - no high heels and no sandals or flip-flops.

6.Please do not wear make-up, hairspray, jewelry, panty hose, or contact lenses. Please remove all piercings including body piercings.

7.Shower and shampoo with anti-bacterial soap on your day of surgery. Do not apply body creams, lotions, oils or any kind of deodorant.

POST-OPERATIVE INSTRUCTIONS

1.Your surgery will take approximately 3 hours. You will go to the recovery room until you have recovered from anesthesia. If you are having out-patient surgery, a responsible adult (over 18) must drive you home from the surgical center and remain with you for 24 hours. You will need someone to drive you the next day for your follow-up appointment. Alternative accommodation and nursing care can be arranged if so desired.

2.You may go home with drains. If so, you will be instructed as to how to manage them after surgery. Drains are usually removed 48-72 hours after surgery.

3.We will instruct you on what type of surgical garment to purchase and when and how to wear it. Please bring your garment with you to the hospital.

4. You may feel numbness in the lower half of your breasts. This area of numbness will narrow as the months go by. You may have temporary or permanent loss of sensation in the nipple area. Sensation in the nipples usually improves over a period of several months.

5.After surgery, do not attempt any strenuous activity like making beds or the laundry or cleaning the house! This may raise your blood pressure and cause bleeding which may require emergency surgery.

6.Do not strain during a bowel movement! This may raise your blood pressure and cause bleeding which may require emergency surgery.

7.Do not take pain medication on an empty stomach since this may cause nausea and vomiting. Again, this may raise your blood pressure and cause bleeding which may require emergency surgery.

8.For two weeks after surgery you may 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 move your shoulder through a full range of motion and avoid a stiff or frozen shoulder.

9.You may resume most of your normal activities within 3-4 weeks.

10.Sunblock is recommended to prevent hyperpigmentation. Bathing suits alone will not provide the necessary protection from the sun. Dr. Kirwan's staff will recommend a sunblock. All scar creams and sunblock should be applied in a thin layer only.

11. All stitches are absorbable.

12. Six weeks after surgery you may resume strenuous activities such as heavy lifting, golf, tennis, swimming, running, etc. but only if you can tolerate them comfortable. Start slowly.

9.If you have any questions, please call our office at 203-838-8844. If you have an emergency call 911 or go to the Emergency Room. The hospital will contact Dr. Kirwan directly.

10. **Watch carefully for excessive redness, swelling, bleeding, discharge, fever, or pain not relieved by medication. If any of these symptoms occur, please contact our office immediately.**