

CENTER FOR PLASTIC & COSMETIC SURGERY
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BREAST REDUCTION (Reduction Mammoplasty)

You are about to undergo a Breast reduction procedure. The following is an instruction sheet to help guide you through your recovery. Doctor Fedele strives to educate each patient thoroughly about their procedure and what to expect during their recovery. The staff at the Center for Plastic and Cosmetic Surgery are here to help and provide a supportive environment in which to ask questions or concerns that might arise. Please review the following instruction sheet and write down any questions that you may have. Doctor Fedele and his staff want to make sure that you are comfortable with the procedure and have all of your questions answered.

PRE-OPERATIVE INSTRUCTIONS:

- This procedure lasts approximately 3 hours. You will spend about an 1-1/2 to 2 hours in the recovery room. And may have a 23-hour observation stay overnight. You will then be discharged the following morning.
- You must have someone drive you home and stay with you during the first 24-hours following the surgery.
- Do not take aspirin or aspirin products (Ibuprofen, Vitamin-E or herbals) for three weeks prior to the surgery.
- If you are a smoker, you should stop smoking at least three weeks prior to the surgery and for three weeks after the surgery. Please note: Smoking increases your risk for infection, scarring, delayed healing or skin loss and wound healing problems as well as an increased risk of anesthesia.
- Doctor Fedele can have your prescriptions for you prior to your surgery so that you can get them filled before the day of your surgery. This will make it easier for you immediately following the surgery and save any running around to fill prescriptions after your surgery.

DAY OF SURGERY EXPECTATIONS:

- Discomfort after the surgery is controlled with pain medication and muscle relaxant.
- Narcotic pain medications can sometimes cause constipation. An over-the-counter stool softener (Colace) is recommended if you are prone to this.
- Some nausea is normal in the first 24-48 hours following surgery. The surgery center can give you something prior to leaving. However, if you continue to experience nausea or vomiting, please contact the office to obtain a prescription for anti-nausea medication.
- You must wear a post-operative bra that will help support the breasts. You must wear this bra, a sports bra or other comfortable bra with no underwire or push-up, 24 hours a day for six to eight weeks.
- The white Band-Aid strips called steri-strips, along the incision, can remain in place until they peel off or until your first postoperative visit.
- Any other dressing on the operative site should be changed within the first day.
- You will likely be staying overnight and may have your dressings changed in the hospital or surgery center by Dr. Fedele in the morning. If you have drains, they will likely be removed the morning after the surgery.

PRECAUTIONS

- If you experience any of the following, please call the office immediately and have the answering service contact Dr. Fedele: extreme pain, significant swelling (twice the size) on only one side, one side is twice as hard as the other, fever, chills, or a “hot-to-touch” sensation, significant redness.

RECOVERY EXPECTATIONS

Week 1

- You may shower the day following surgery or discharge from the hospital. Soaking in a tub is not permitted until 2 weeks after the surgery. Do not rub the incisions; rather allow the water to flow over the incisions. Do not remove the steri-strips. It is okay to get the steri-strips wet.
- You may experience oozing from the incision, this is normal. Apply dry gauze over this and change this dressing as needed.
- Do not drive while on pain medication. You may resume driving when you are off all pain medication and can comfortably sit in a car with your arms raised.
- Try Motrin (600 mg) every 6 hours as needed for pain in place of narcotic prescription pain medication when pain has decreased.
- It is not unusual to have one breast more swollen than the other is or to have less sensation on one side compared to the other.
- The swelling can persist for 3 to 6 months but your breasts will eventually become softer.
- Make an appointment with our office within the 5 to 7 days after the surgery to have these dressings removed. At that time we will remove the steri-strips and any sutures, if you have any, and give you further instructions.
- You will likely have significant swelling and bruising, especially in this first week.
- Wear your surgical bra 24-hours a day. You may switch to a sports bra or supportive bra. Avoid wearing an underwire bra.
- For patients undergoing free nipple grafts; leave the yellow gauze overlying the nipple alone until seen by Dr. Fedele. You may apply antibiotic ointment around the edges twice a day until Dr. Fedele removes these dressings. You will need to make an appointment within 5 to 7 days of the surgery to have these dressings removed.
- If you had drains placed and they were removed, you may have a clear yellowish fluid that may drain from the site for the next couple of days. This is normal.

Week 2 and Beyond

- Expect bruising and swelling to continue through 2 weeks and beyond up to 6 months.
- You may wear an underwire bra 4 to 6 weeks after the surgery if you desire.
- You will likely be returning to a regular lifestyle, including lifting and sports activities within 2 to 6 weeks, as your body allows.
- Walking is okay within the first 2 weeks. Exercise within 2 to 4 weeks.
- Some decrease sensation in the nipple is normal and this may persist for 3 weeks to 3 months. Those patients undergoing free nipple grafts may have permanent decrease or loss of sensation in the nipple area.