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BREAST REDUCTION (EXTENDED BREAST LIFT)

TO MY PATIENT:

This is a reminder of things we have discussed today concerning your surgery. Please keep these instructions to refer back to after you have had your surgery. If you have further questions, you may contact our office at 281.444.3733, Monday - Friday from 8:30 am - 5:00pm.

Things you should know and do before and after your surgery:

- 1. DO NOT take aspirin or "aspirin-like" medications for at least 7-10 days prior to your surgery. These medications may cause increased bleeding during surgery. However, if you take aspirin prescribed by your medical doctor, do not discontinue taking it before checking with your doctor. Tylenol (acetaminophen) is okay to use as it does not act in the same way as aspirin.*
- 2. If you develop any acute illness, infection or fever prior to your surgery, please notify my office as soon as possible. Colds and other infections can jeopardize your health and the results of your surgery.*
- 3. TABACCO: I DO NOT allow smoking during the pre-operative and post-operative period. It has been demonstrated that tobacco use interferes with blood flow and this could result in unsatisfactory scars.*
- 4. You will be placed in a surgical bra at the time of your surgery. You will have a drain placed in each breast. These drains are usually removed the day after surgery. You may bathe or shower once the drains are removed. You may change dressings as necessary, but you need to keep your bra on day and night, except for bathing.*
- 5. Get plenty of rest and keep the amount of arm and shoulder movement to a minimum, as this contributes to better results. Increase the amount of activity as tolerated, but do not engage in any aerobic exercising.*
- 6. Make sure you finish all antibiotics that were prescribed and take pain medication as needed.*
- 7. Please call our office to schedule your follow-up appointment at 281.444.3733. These appointments are very important and should be kept.*