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## **BREAST REDUCTION INSTRUCTIONS**

Breast reduction surgery offers women improved comfort and alleviates back and shoulder discomfort in the majority of cases. Most women retain nipple sensitivity, erectility, and the ability to breast feed after this surgery; however, there are no guarantees. If you suffer from extreme breast enlargement (breasts fall into your lap), then a nipple amputation technique will be required, and the breast will lose much of its physiologic function. This is a special circumstance that Dr. Lindsey will discuss with you if applicable.

Mammograms are needed for all women 40 years or older, and for all women who have a family history of breast cancer or a personal history of a breast-related problem. Please provide me with your mammogram report or permission to obtain your report. I will also order a mammogram for you if needed. Preparations also include Hibiclens showers twice daily starting 3 days prior to surgery.

Breast reduction scars are extensive. If you have “keloid” skin or have a tendency to make poor scars, please discuss this with Dr. Lindsey. Breast reduction surgery is very adversely affected by smoking. If you have a history of smoking, please discuss this with Dr. Lindsey. You will have to be off cigarettes a minimum of 6 weeks prior to surgery. Smoking is absolutely prohibited after surgery. Most patients require 2 weeks before being able to go back to work with the understanding that activity restrictions stay in effect for 6 weeks (see below).

Thank you for your attention to these details, as this information is to assure the best possible result for you.

## AFTER SURGERY

1. Keep the operation sites clean and dry for 24 hours. It is OK to loosen or adjust the Ace wrap as needed for comfort. After 24 hours, please remove all dressings, including the strips of yellow gauze. It is OK to take a sponge bath at that time. Light showers are permitted after 24 hours. Expect some drainage on all dressings.
2. After showering, apply Mupirocin ointment (**or** plain Neosporin) to all incisions and cover with clean dressings. I suggest Maxi-pads for both comfort and absorbency. You should hold the dressings in place with an athletic or jogging bra. The bras that hook or zip in the front are the most easy to use. Do not use tape or other adhesives on the breasts, as these will blister and tear the breast skin. If you prefer, you may continue to wear the Ace wrap, but someone will have to assist you with this.
3. Change all dressings daily. Adjust the sports bra or Ace wrap as needed for comfort. No underwire bras are permitted for 8 weeks.
4. Do not drive until Dr. Lindsey permits. You must be off all narcotic medication before driving.
5. For the first 24 hours do not sign any legal documents or operate machinery. Have a responsible adult help you and stay with you. Take it easy.
6. Clear liquids first. If no nausea, progress to a regular diet as tolerated.
7. Take medication as ordered. Please see the medication dosing regimen recommended by Dr. Lindsey. ***For the Enhanced Recovery after Surgery regimen to be effective, it must be followed as prescribed.*** Do not take pain medication on an empty stomach.
8. No alcoholic beverages. No smoking
9. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.

10. Call Dr. Lindsey at (504) 885-4508 (office) or (504) 495-5937 (cell) for obvious bleeding, swelling or hardness of the breasts, fever over 101.5 degrees, redness, swelling or pus at the wound, persistent vomiting, any problems or questions.
11. Please schedule your appointment approximately one week following your surgery.
12. No lifting or bending over for the first 2 weeks after surgery. Thereafter, activity restrictions stay in effect for one additional month and are as follows: No lifting more than 10 pounds. Do not participate in any activity that elevates your heart rate or makes you perspire.