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Plastic and Reconstructive Surgery

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**BREAST REDUCTION**

**Preoperative Instructions:**

- Your **day/time of surgery** is \_\_\_\_\_. The location is \_\_\_\_\_. Please arrive to the facility at least one hour prior to your scheduled time.
- Please fax us a copy of a recent mammography report (within the last 6 months) to (203) 907-0503.
- If you are a smoker, please stop for a minimum of 4 weeks prior to surgery. Smoking reduces circulation to the skin and may will your healing.
- Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, Excedrin, Fish Oil and Vitamin E containing products for 2 weeks prior to surgery. All of these medications have a tendency to prolong bleeding. **Tylenol is preferred for pain relief.**
- Please purchase at the pharmacy a tube of antibiotic ointment (such as Bacitracin or Neosporin), gauze sponges, a bottle of hydrogen peroxide, Q-tips, and surgical tape.
- Please also purchase a sports bra, which you will need to bring to your first postoperative visit. A sports bra with a zipper or front closure snaps is preferred if possible. You will wear this for 6 weeks.
- You have received prescriptions for \_\_\_\_\_. You should have these filled **prior** to your day of surgery. You will not need to take any of them until after surgery.
- You should also have your labwork drawn at least one week prior to your surgery.
- We recommend the use of Tegaderm for scar therapy. This will be applied immediately after your surgery and used for 2-3 months postop. Additional sheets can be purchased online at [www.HealthProductsForYou.com](http://www.HealthProductsForYou.com). (Click on Wound Care → Advanced Wound Care → Transparent Dressings → 3M Tegaderm Transparent Dressing with Label → 4" x 4 ¾").
- Shower with an antibacterial soap the day before your surgery.
- Have **NOTHING** to eat or drink after midnight on the night before your surgery.
- On the day of surgery, wear a large, front closure shirt and loose fitting elastic waisted pants.
- Other: \_\_\_\_\_  
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\_\_\_\_\_
- If you have any questions, please call us at (203) 772-1444.

