



# Restifo Plastic Surgery

## PLASTIC & 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 (with 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 will slow your healing.
- ◆ Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, Excedrin, Fish Oil and Vitamin E containing products for 2 weeks prior to surgery. This also includes the use of multivitamins and herbal supplements. All of these medications have a tendency to prolong bleeding. Please review the attached sheet to confirm the use of any of these. ***Tylenol is preferred for pain relief.***
- ◆ Please purchase at the pharmacy a tube of antibiotic ointment (such as Bacitracin or Neosporin), gauze sponges, and surgical tape (preferably paper 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 have your labwork drawn at least two weeks prior to your surgery.
- ◆ We recommend the use of Tegaderm for scar therapy. You will start using this immediately after your surgery. It can be purchased online at Amazon.com. Search for 3M Tegaderm Transparent Dressing with Label 4" x 4 3/4".
- ◆ Shower with an antibacterial soap the day before or the morning of 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 pants with an elastic waist.



Other: \_\_\_\_\_

**If you have any questions, please call us at (203) 772-1444.  
200 South Orange Center Road, Orange, CT 06477**