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Gulf Coast Aesthetic Center
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BREAST REDUCTION INSTRUCTIONS

PREOPERATIVE INSTRUCTIONS

1. **RESTRICTIONS**

- a) **DO NOT** take ASPIRIN for three weeks before surgery
- b) **DO NOT** take any type of non-steroidal anti-inflammatories (NSAIDS)
- c) **DO NOT SMOKE** for at least two months before surgery, and during the healing phase. Smoking can lead to poor healing and in cases of moderate to severe ptosis(droop) can lead to necrosis(dying) of the skin, tissue, and/or areola nipple complex.

*******SEE ATTACHED “RESTRICTIONS” GUIDE*******

2. **DO NOT** eat or drink anything after midnight the night before surgery to reduce the possibility of vomiting.
3. A Pre-op Nurse from Gulf South Surgery Center will be contacting you within a week prior to surgery to discuss medical history **prior** to use of anesthesia. Possible blood-work or EKG might be required. If you have any questions for them, or have not heard from them within 3 days prior to your surgery date, **please contact Anesthesia at the following (228)-864-0008, ext. 8710.**
4. **You will need a driver for the day of surgery.** Drivers DO NOT have to stay, but they must leave an active telephone number, one which they will answer, and they will be notified when it is time to pick you up.
5. An IV with antibiotics will be started prior to surgery. Preoperative medication (by mouth and/or injection) is given to make you drowsy and relax. You will be given a general anesthetic which lets you sleep during the procedure.
6. Your chest will be cleansed with an antiseptic surgical soap immediately prior to surgery. (NOTE: You will want to wear an open front shirt/top, one that buttons up, snaps, or zips to avoid excessive arm movement. It should be larger than normal to allow room for the bulky dressing.
7. Suction drains may be placed in each breast to remove excess fluid and blood that may accumulate. These will be removed with the first dressing change at your first post-operative visit, which is usually 24-48 hours after surgery.
8. A bulky dressing will be applied around your chest immediately following surgery. This dressing will stay on until Dr. Wyble, or an assistant, removes it.

9. **Post-operative upper arm motion** (from the shoulder to the elbow) **is discouraged for seven to ten days, or until instructed by Dr. Wyble.** Use of the upper arm, such as stretching, lifting, pushing, and pulling can lead to a longer healing time, a pulling of the surgical site, and even cause the breast to open by tearing apart the layers of sutures placed during surgery: (Please ask Dr. Wyble, or an assistant, if there are any questions concerning this.)
10. Surgery time is approximately 3-4 hours. Recovery time is approximately 1-3 hours. Surgery is performed as an outpatient procedure at Gulf South Surgery Center unless otherwise noted. There contact information is as follows:
GULF SOUTH SURGERY CENTER
1206 31st Ave (West Entrance)
Gulfport, MS 39501
228-864-0008

******If using insurance to cover cost of surgery: the percentage of cost that your insurance does NOT cover (usually known as your 'out-of-pocket' percentage, often 20%) will need to be paid prior to surgery. Please check with your insurance company to learn more about what your out-of-pocket is. Also check with your insurance company to ensure in-network benefits for Dr. Wyble, as well as the surgery center. A letter will be sent to your listed address with the ESTIMATED amount. This amount will be due 24 hours prior to surgery. If you have not received one, or have questions concerning this please call the office. Insurance Companies are known for their disclaimer, "Prior authorization is NOT a guarantee of payment." Check up on your insurance for YOUR own protection!!!!!!**

POST-OPERATIVE INSTRUCTIONS

1. After surgery, you will be taken to the post anesthesia room where your recovery will be monitored. Vital signs will be taken every 15 minutes.
2. You will be returned to your room after your safe recovery.
3. The IV will remain in place until fluids are taken by mouth.
4. Sleep face up keeping your head and shoulders elevated for the first 48 hours. This provides for comfort and helps to reduce the swelling in the tissues.
5. **DO NOT LAY** on your abdomen for two weeks postoperatively, or until instructed by Dr. Wyble.
6. Keep your upper arms (shoulder to elbow) close to your sides at all times for the first 3-5 days. You may use your arms from the elbow down. Excessive motion of upper arms (from shoulder to elbow) may cause the surgical site to split open by means of pulling, tears, or loosening the many layers of sutures. In order to get the maximum results possible you **MUST** safeguard against preventable damage. The majority of patients will have layers of dissolvable sutures as opposed to exterior sutures or staples. This leads to less noticeable scarring after surgery. However, doing too much too soon with upper extremities can cause scars to thicken, widen, or pull. If any exterior sutures exist, they will be removed in the office.
7. Your dressing will be changed 24-48 hours after surgery at which time the suction drains will also be removed. Continue to wear the dressing day and night until the next dressing change. This provides support and immobilization during the early phases of wound healing.

8. After all dressings have been removed; you will be placed into your supportive bra. Dr. Wyble recommends a Playtex 18-hour bra due to the supportive side-walls built in to the bra cup. You will be instructed to buy bra one or two sizes larger around in order to make room for dressings. **BRING BRA TO FIRST POST-OPERATIVE VISIT!!** The bra is to be worn according to your physicians' instructions. The bra should have no wire, plastic, or steel inserts because these can cause pressure marks on the breasts. Dr. Wyble will let you know approximate size of bra to bring to visit.
9. Loss of nipple sensation is expected. The majority or all of the sensation should return over the next several weeks to months. It is possible that the nipple and areola may show some temporary darkening as well. For women who have surgery using the Free-Nipple Graft technique, a layer of skin and temporary discoloration is to be expected.
10. **NO REACHING, LIFTING, PUSHING, PULLING, STRETCHING, CARRYING OBJECTS WITH ARMS FOR 5 DAYS TO 2 WEEKS.** Discuss questions with Dr. Wyble.
11. Driving a vehicle is not permitted for 10 days.
12. Keep activity to a minimum. A good rule of thumb for activity is "If it hurts, then don't do it." Avoid strenuous activity for 4 weeks after the day of surgery.
13. **DO NOT** shower until all skin sutures are removed or unless otherwise instructed by your physician. (Usually 5-7 days) You may take a tub bath.
14. Expect your breasts to be swollen and edematous. This takes 3-4 weeks to resolve. Your breasts will continue to reshape and improve in form and contour over the next several months. Wearing the supportive bra in the correct size also accelerates this process.
15. You may purchase new bras after 1 month from surgery. This should be your new cup size. Check with Dr. Wyble about clearance to do so.
16. You may have small amounts of drainage at the base of the incision at the breast crease. This will resolve over the next few weeks. Drainage can be clear, yellowish, or reddish in color. NOTIFY us if drainage is cloudy or greenish or has a foul smell.
17. Notify the nurse or physician of any rapid enlargement of one breast, excessive or undue pain, especially pain not relieved by your pain medications.

MEDICATIONS

1. You may have been given a prescription for a narcotic to help control the pain. Please take the medication according to the directions, as needed for pain. Be aware that use of narcotics can lead to constipation.
2. You may have been given a prescription for an antibiotic on discharge. Please take the medication according to the directions and until they are gone.
3. You may have been given a prescription for anxiety to help you relax or sleep. Please take the medication according to the directions, as needed.
4. You may have been given a prescription for nausea. Please take the medication according to the directions, as needed.

********It is against policy to call in narcotics on Fridays. Please check your medications before office visits to ensure you have enough!!!!!!***

If you have any additional questions, feel free to contact the office. 228-865-7299

RESTRICTIONS

STOP all of the following for at least **2-3 weeks** before surgery: they are known to increase capillary bleeding, cause excessive bleeding during and after surgery, and may leading to excessive bruising.

➤ Notify: when using Blood Thinners.
➤ NO ASPIRIN .
➤ NO (NSAIDS) Non-steroidal anti-inflammatory
➤ NO Ibuprofen

➤ NO Motrin or Excedrin
➤ NO Aleve
➤ NO Advil
➤ NO Goody's
➤ NO BC Powder
➤ NO Vitamin E

➤ NO Multivitamins
➤ NO Fish Oil
➤ NO Herbal Medicines (black cohosh, red rice yeast, etc)
➤ Notify: when using diet pills.

- **ALL Tylenol products are OK to take.** (Most prescription pain pills are also OK, check with the physician first.)
- **DO NOT SMOKE** for at least **two months** before surgery, if elective surgery is scheduled. Smoking can lead to extended healing times. It may also lead to necrosis of the surgical site (e.g. Skin dying around incisions).
- **AVOID** alcohol for at least one day prior to surgery and preferably longer.
- **DO NOT** eat or drink anything after midnight the night before surgery if anesthesia will be used.
- It is important to limit the amount of **salt** intake before and especially after cosmetic surgeries, such as facelifts, liposuction, blepharoplasty, and fat injections. (**NOTE:** Soups and crackers have very high salt/sodium content.)

BRA-STYLE (EXAMPLE) – For After Your Surgery

WHAT TO LOOK FOR:	WHAT TO AVOID:
Soft, INDIVIDUAL cups	Sports Bras
Side-Wall support	Under-wires
Machine washable	Push-up bras
Adjustable/stretch straps	
Back-closure (<i>Preferably</i>)	

**Did you know that wearing the correct style bra in the post-operative period can play a significant role in the outcome of the procedure??

It is as important as coming in for your post-operative appointments!!



Where Can You Find One?

Stores/Online, for example:

- Kohl's
- JCPenney
- Target
- Walmart
- Just My Size
- www.onehanesplace.com
- www.amazon.com
- www.bare necessities.com