



BOICE-WILLIS CLINIC  
**PLASTIC  
SURGERY**

45 Guardian Court, Ste. 150, Rocky Mount, NC 27804  
252-937-0204  
Karen Szymanski, DO MPT

### **INSTRUCTION SHEET FOR BREAST REDUCTION**

*Please follow some basic guidelines in order to maximize results and to minimize any risks or complications in your post-operative recovery.*

#### ***Before your surgery:***

- **Avoid smoking and second-hand smoke.** Cigarette smoking impairs wound healing, blood flow, and respiratory secretions. Do **not** use nicotine patch or gum at this time.
- **Avoid alcohol.** Alcohol can be a blood thinner, so we recommend no drinking for two weeks prior to surgery and for two weeks following surgery.
- **Avoid aspirin, aspirin-containing products, and anti-inflammatory products.** All of these products may increase bleeding during surgery. Since many over-the-counter medications contain aspirin, please read labels carefully and refer to the comprehensive list of medications to avoid. *If aspirin is being prescribed for a heart condition or other medical conditions, please notify us for further instructions.*
- **Scrub body with antibacterial cleanser prior to surgery.**
- **Have a support system in place.** Make arrangements for a responsible adult to take you to and from the hospital or surgery center and remain with you for the first 24 hours.
- **Do not have anything to eat or drink after midnight the day prior to surgery.** This includes water, chewing gum, and mints. On the morning of surgery, you can brush your teeth but do not swallow any of the water. Prescription medication may be taken with a small sip of water on the morning of surgery.
- **Drink extra water the day before surgery** (but be sure to stop drinking by midnight!) A well-hydrated body is less likely to experience nausea after anesthesia.
- **Get prescriptions filled prior to surgery.** You will be given antibiotics and pain medications at your pre-operative visit, get them filled in advance of your surgery.
- **Follow guidelines outlined in Dr. Szymanski's peri-operative protocol.** These will all help to decrease the amount of swelling and bruising from your surgery.
- **Get proper rest the day before surgery.**

#### ***The day of surgery:***

- Wear comfortable, loose fitting clothing.
- Do not wear any jewelry or make-up.
- Bring surgical bra if instructed to do so.

- Please arrive to the hospital or surgery center at the appropriate scheduled time.

***Once you are home:***

*You are now on the road to recovery. It is very important that you pay close attention to following the instructions listed below. These will help to assure improved wound healing and decrease the risk of postoperative complications. Following the instructions will help make your recovery easier.*

- **Take your antibiotics and pain medication as prescribed.** Try to have some food in your stomach when taking medications to avoid nausea. If you experience any itching, rashes, or respiratory difficulties, please notify the office, as you may be allergic to one of the medications. Start to wean off the pain medication once symptoms improve. For minor discomfort you may take Tylenol®, if not allergic.
- **Movement is an important part of restoring proper circulation and breathing.** Walking “wakes-up” all your body systems, it improves circulation, encourages breathing and helps move gas along the digestive tract. Continue taking frequent short walks, increasing the distance gradually. Listen to your body as to how much you can tolerate.
- **Deep breathing and coughing are extremely important following surgery.** Deep breathing expands the lungs, aids circulation, and helps prevent pneumonia.
- **All sutures are underneath the skin and are made of absorbable material.** Your incisions are covered by steri-strips (tape). These are to be left in place and will be removed or changed by the MD or physician assistant.
- **You may shower 24 hours after your surgery.** Let the water hit your back and not forcefully onto your incisions, and try to avoid saturating the wounds. Gently pat them dry. Avoid soaking in baths or whirlpools, as this will increase swelling in the body.
- **Avoid heavy lifting, pushing, pulling, and straining or strenuous exercise for six weeks after surgery.** Casual walking is encouraged, but avoid any activity that causes any tension on your incisions in order to keep scars as fine as possible.
- **Expect some discoloration.** The bruising will decrease over the first few weeks.
- **Driving is usually permitted two weeks after surgery as long as you are not taking pain medication.** We do not want you making poor decisions behind the wheel if you are having any discomfort, and remember that you are “under the influence” when taking prescription pain medication. You will be informed of when you may drive at your follow-up visit.
- **Avoid sun exposure on incision sites for three months.** Scars will tend to redden more during the initial period, so they need to be protected from sun exposure with clothing and strong sunblock. Avoid tanning beds for the first three months as well.
- **Remember to eat healthy and include protein in your diet.** Protein is essential to the healing process, and it is best to avoid foods with lots of sodium as they will increase swelling. Continue Vitamedica program for two weeks following surgery.

- **Do not hesitate to call the office if you have any questions regarding your recovery.** Observe your skin and incision carefully, and contact us if you experience anything that seems concerning to you. Look for any redness, unusual drainage, opening of an incision, or an increased temperature (over 100°). Persistent nausea, sudden increase in swelling, bruising or pain should be reported to our office.
- **Come to your scheduled follow-up visits.** Call the office to schedule a follow-up appointment, if this was not previously arranged. We closely follow patients after their surgery to ensure proper healing and to reinforce postoperative instructions to make this the best possible surgical experience.