



LAWRENCE M. KOPLIN, M.D., F.A.C.S.
— AMERICAN BOARD OF PLASTIC SURGERY —

BREAST REDUCTION INSTRUCTIONS

(310) 277- 3223

BEFORE SURGERY

1. **ASPIRIN:** AVOID TAKING ASPIRIN OR ASPIRIN-CONTAINING COMPOUNDS FOR TWO WEEKS BEFORE AND AFTER SURGERY. Be careful; many medications sold over the counter contain small amounts of aspirin. Aspirin interferes with coagulation and can cause excessive bruising or bleeding after the operation. Please read the document “Medications to Avoid Before and After Surgery”.
2. **ALCOHOL:** Avoid drinking alcohol for 48 hours before surgery. Alcohol interferes with some of the medications which are given during and after surgery.
3. **SMOKING:** Smoking is **absolutely not permitted** for at least **TWO MONTHS** before or after surgery; if this seems unusually cruel and unfair, please discuss with me personally; **it's that important!** Even the use of a **Nicotine patch or Nicorette gum** is not desirable during the month prior to your surgery.
4. **SUN EXPOSURE:** Do not burn or tan your breasts for **two weeks** before surgery.
5. **MEDICATIONS:** Continue to take your routine medications until the day of surgery. Please check with the office to determine if these medications should be taken on the morning of surgery.
6. **ATTIRE** Wear a comfortable, loose-fitting shirt or warm-up suit that buttons or zips. Do not wear pantyhose or high heeled shoes.
7. **VALUABLES:** The Surgical Facility is not responsible for any valuables; therefore, we suggest you remove all types of jewelry and leave them at home. Please do not bring a purse on the day of surgery, but bring a credit card so we may call in any necessary prescriptions or if you are staying at an after care facility.
8. **ANESTHESIA:** Our anesthesia provider will be calling you on the evening prior to surgery. Patients find it a good opportunity to chat and ask questions regarding their anesthesia, and tend to be more relaxed the following morning. Please try to be home to receive the phone call; if not, let us know where you might be reached.
9. **HOME CARE:** When you arrive on the day of surgery, the nurse will ask you for the name and phone number of the friend or family member who will be taking you home after surgery. You must not spend the first night alone. Further instructions will be given to whoever takes you home.

10. **ILLNESS:** If you become ill or develop any signs of infection on your chest, **please notify the office at once.**
11. **DIET: DO NOT EAT OR DRINK AFTER MIDNIGHT ON THE NIGHT BEFORE SURGERY.**
12. **PREOPERATIVE MARKING APPOINTMENT:** On the day prior to your surgery, Dr. Koplin will place ink markings on the chest area. Since you cannot bathe or shower after this, we recommend that you shower before you come in. Also, wear an old shirt and bra that you won't mind getting ink-stained.

AFTER SURGERY

1. **ACTIVITY:** When you arrive home, make yourself comfortable and relax for the remainder of the afternoon and evening. Feel free to move around, but avoid heavy exertion. You may feel slightly drowsy. If so, have someone help you when getting up for meals or to use the bathroom. Sleep on your back or side. You may sleep on your stomach when it is comfortable for you.
2. **DIET:** Begin with cool, clear liquids. If this is well tolerated, advance to a regular diet as desired.
3. **DRESSING:** You will be placed in a soft, bulky wrap. The bandages may feel a bit tight, as they are designed to minimize bruising and swelling. After the bandages are removed, the bra should be worn continuously for at least **two weeks**. You may then go without a bra except when exercising.
4. **HYGIENE:** You may start showering on the day the bandages are removed. Do not immerse the breasts under water (bath, sauna, Jacuzzi) for **three weeks** following surgery. You are encouraged to lift your arms and move about freely. You may therefore brush your hair or wash your face immediately after returning home.
5. **ALCOHOL AND ASPIRIN:** Do not drink alcohol for at least 48 hours after surgery. You should not consume any alcohol while you are still taking medication for pain or sleep. Do not take aspirin or aspirin-containing compounds for **two weeks** following surgery.
6. **MEDICATION:** Antibiotics are to be taken for several days after surgery, to prevent infection. You will also be given medication for pain and sleep. These are not necessary unless you need them, and should only be required for a few days. Resume your routine medications on the day after surgery.
7. **DRIVING:** Do not drive until instructed to do so; usually **7-10 days** after surgery. You should not drive until your arms are no longer sore, as you need to be able to turn the wheel quickly in a possible emergency. **You may not drive while taking pain medication.**

8. **SMOKING:** No smoking for **TWO MONTHS** after surgery (no cheating!).
9. **SUN EXPOSURE:** Do not burn or tan **the incisions** for **three months** after surgery.
10. **EXERCISE:** Strenuous activities (running, aerobics, weight training, swimming, tennis, etc.) must be avoided for **three weeks** after surgery. You may walk after three days and use a stationary bike, Stairmaster, or walking treadmill after **two weeks**. A bra should be worn during all forms of exercise.

**FOR ROUTINE QUESTIONS, A NURSE OR PHYSICIAN WILL BE AVAILABLE TO
SPEAK WITH YOU WEEKDAYS BETWEEN 9 AM AND 6 PM.**

FOR EMERGENCIES, TELEPHONE ANY TIME DAY OR NIGHT