

# PRE-SURGERY PREPARATION

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**DO NOT** take aspirin or any anti-inflammatory medications such as ibuprofen, Motrin, Aleve or Advil for 2 weeks prior to and 1 week after your surgery.

**STOP** taking vitamin E and fish oil supplements for 2 weeks prior to and 2 weeks after surgery. A multivitamin is fine as long as it has less than 700 IU per day.

**STOP** smoking for at least 2 weeks before and 2 weeks after your surgery. Smoking greatly increases your chance of complications.

**MAKE ARRANGEMENTS** to have someone drive you to and from surgery and to your office visit the day after surgery.

**ARRANGE** for someone to care for you the first 24-72 hours after surgery.

**FILL** your prescriptions before surgery. It is not necessary to bring them with you to the surgery center.

**SET UP** a home recovery area with lots of pillows in a quiet area where you can rest. A recliner is very helpful if you have one.

**HAVE** light foods on hand such as saltine crackers, protein shakes, soup, applesauce, jell-o, popsicles, etc. Also have plenty of fluids available. Water, dilute fruit juices, dilute Gatorade and caffeine free tea are good choices.

**DO NOT** eat or drink anything after 12:00 midnight. This includes water, candy and chewing gum. We suggest having a light dinner no later than 7 pm the evening before your surgery to minimize the chance of nausea. Drinking plenty of water (64oz/day) or more for two days prior to your surgery will also help prevent post-op nausea.

**WEAR** only comfortable, loose-fitting clothes that open in the front to the surgery center. Slippers or slip-on shoes are preferred. For patients having a tummy tuck a robe is best.

**DO NOT** wear makeup, jewelry, contact lenses or body piercings to the surgery center.

**SHOWER** and wash your hair the morning of surgery. Wash the area you are having surgery on with Hibiclens (antiseptic cleanser), which will be provided for you at your pre-op appointment. Do not apply any powder, lotion or deodorant after you shower.



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AESTHETIC & RECONSTRUCTIVE PLASTIC SURGERY

# POST-SURGERY: BREAST REDUCTION

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## INSTRUCTIONS

- Take your pain medication as directed.
- Ice packs will be applied in the recovery room. Continue to rotate them 30 minutes on, 30 minutes off while awake. Use them for the first 24-48 hours or longer for comfort.
- You may remove your white compression stockings the morning after surgery.
- Begin your antibiotic the day after your surgery.
- Decreased activity and narcotic pain medication may cause constipation, increase fluid intake and use a stool softener as needed.
- Do not drink alcohol while taking pain medication.
- Sleep on your back with your head elevated for the first week.
- Substitute Tylenol (acetaminophen) for your narcotic pain medication as tolerated. For most this is within the first few days after surgery.
- Your compression bra should remain on 24 hours a day for the first week. A front closure sports bra may replace it for week 2-4. A regular bra of your choice can be worn after week 4.

## ACTIVITIES

- Do not drive until you are no longer taking narcotic pain medication and have full range of motion with your arms.
- Start walking as soon as possible. Begin by walking around your house for the first few days and then increase activity slowly as your energy returns.
- Restrict excessive use of your arms for at least 5-7 days. Your elbows should not be lifted above your shoulders for the first week.
- To avoid excessive swelling or bleeding refrain from vigorous activities, anything that makes you feel excessively tired and no lifting anything heavier than 20 lbs for the first 2 weeks.
- Social and employment activities can be resumed in 5-7 days.
- Remember, if it hurts you are probably not ready to do it.

## INCISION CARE

- Sutures are clear in appearance and will dissolve.
- Keep steri-strips covering your incisions clean and dry until they are removed in the office at one week post-surgery. Expect a small amount of discharge on the steri-strips. It is normal for the discharge to be greenish in color while the steri-strips are covering your incisions.
- After steri-strips are removed you may shower normally and gently wash the incisions with your normal body wash or soap.
- Pat the incisions dry and allow them to be exposed to air for a few minutes each day.
- You may pad the incisions with gauze or a sanitary pad for comfort and to absorb any discharge.



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## **INCISION CARE** (continued)

- Avoid exposing scars to sun for at least 12 months. Always use a strong sun block (SPF 30 or greater) if sun exposure is unavoidable.
- Do not wear an underwire bra until the incisions are completely healed, usually by 4-6 weeks after surgery.

## **WHAT TO EXPECT**

- You may experience some numbness and/or a burning sensation of nipples and incision sites for about 2 weeks.
- It is normal to experience soreness, tightness, swelling and bruising for the first month after surgery. All patients heal at different rates so please be patient during this time.
- It is absolutely normal for one breast to heal faster than the other and your final result may not be evident for several months.
- Your breasts may be sensitive to stimulation for a few weeks. This will resolve as you heal.
- Scars may be red and angry looking for 6 months or longer but usually soften and fade with time. We will tell you when it is time to start Scar Guard.

## **WHEN TO CALL**

- If you have increased pain that is not relieved by medication.
- If you have any side effects from the medications such as rash, nausea, vomiting or severe headache.
- If you have a temperature over 101 degrees.
- If you have bleeding from an incision that does not stop with light pressure.
- If you have yellowish or greenish drainage from the incisions after the steri-strips have been removed or notice a foul odor.

## **FOR MEDICAL QUESTIONS, PLEASE CALL:**

- (559) 797-9000, Monday-Thursday 9 a.m. – 5 p.m. and Friday 9 a.m.-noon.
- After hours and on weekends call the office number and Dr. Stefanacci will be paged.



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