

1020 N MASON RD STE #110 SAINT LOUIS MO 63141

Office of Dr. Terence Myckatyn & Dr. Marissa Tenenbaum

Surgery Scheduling Assistant for Dr. Tenenbaum	Carol – 314-996-3040
Surgery Scheduling Assistant for Dr. Myckatyn	Michelle - 314-996-3028
Cosmetic Patient Concierge	Kristi – 314-996-8133
West County Plastic Surgeons Nursing Line	314-996-3201
General Questions and Office Appointments	314-996-8800 Option 2

Surgery DAY/TIME : _____ PLACE: _____ ARRIVAL TIME: _____

During office hours, questions can be answered by our office staff at **314-996-8800**.

After hours, please call Central Page for the Plastic Surgery Resident ON CALL at **314-362-1242**

Please note that our website (www.westcountyplasticsurgeons.wustl.edu) has detailed descriptions of most procedures.

Breast Reduction

Smoking affects healing. Please stop smoking or ANY nicotine products for as long as possible before and after surgery. If needed, we may prescribe Chantix to help you quit.

TWO WEEKS BEFORE SURGERY

1. Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed **“Medication and Supplement Alert List”** and let us know if you take any of them. Aspirin should not be taken 2 weeks before or after surgery. Tylenol is a good medicine to take for any aches or pains you may have prior to your surgery.
2. If you develop a cold, urinary tract infection, fever or any other illness prior to surgery, please notify us.

EVENING BEFORE SURGERY

1. Drink 24 oz of a clear carbohydrate beverage or water
2. Eat a late dinner of your choosing
3. Have some jello and/or soup available for after surgery.
4. Get a good night's rest.

MORNING OF SURGERY

1. Drink 12 oz of water 4 hours before your scheduled surgery - *Do not drink milk, juice with pulp, cream, or sugar the morning of surgery.*
2. Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Do not wear pullover tops or pantyhose. Remove all body piercing jewelry from all locations. Wear slip-on shoes.
3. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. A vehicle that allows you to recline is best.

AFTER SURGERY

1. **Diet-** Your diet will be slowly advanced after surgery with clear fluids and then light foods. Please be sure to consume a diet rich in protein once you are discharged home after surgery.
2. **Blood Clot Prevention-** To reduce the risk of blood clots after surgery you should walk around your home several times per day. Stretch your legs and calves as well.
3. **Pain Control after Surgery-** You will be provided with prescriptions with oral pain medicine after surgery. Take as instructed. If you only have mild discomfort you may take pain Tylenol instead of the prescription pain medicine.
4. **Preventing Infections after Surgery-** IV Antibiotics are given prior to surgery. In general post-operative antibiotics are not necessary
5. **Drains** are rarely used with breast reduction surgery. If you have drains they serve to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. Please keep a record of *when* and *how much* fluid is emptied from the bulb in *milliliters*. Record the output from each drain separately. Bring this record with you to any office appointment where you still have drains. Usually, drains are removed when they make less than 30 cc within a 24 hour period. On average, they will stay in for up to 1 week. Drains may be cumbersome. To avoid having them dangle or tug you may wish to purchase a "fanny pack" that is worn round the waist and can function as a receptacle for your drains or a belt to which you can safety pin your drains.

6. **Wound Glue-** The wounds have been sealed with skin glue and sometimes surgical tape. No wound care except cleaning is required. Do not use ointment over glue as it will dissolve the glue.
7. **Showering-** You may shower as soon as you are discharged home. The incisions can get soapy and wet, but avoid soaking them or applying full showerhead pressure to them.
If you have free nipple grafts, please keep the nipple area dry until after your first follow-up appointment 5 days after surgery.
8. **Bras-** Your surgeon will provide you with a surgical bra. You may wear any bra that is comfortable and supportive and does not irritate any incisions.

OTHER POST-OPERATIVE INSTRUCTIONS

1. You may gradually resume normal daily activities once you are discharged home, being careful to avoid any activity that causes pain or discomfort. Strenuous or sexual activities and exercises are to be avoided for 2 to 3 weeks – your doctor will guide you on when to advance your activity. If it hurts, back off. Start slow and progress as tolerated.
2. Driving may be resumed when a sharp turn of the steering wheel will not cause pain and when you are off regular narcotic pain medicine.
3. Bruising and swelling are normal. This will disappear with time.
4. Unusual sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks to months and will gradually disappear.

RETURNING TO WORK:

1. Working from home: ≤ week
2. Desk job: 2 to 3 weeks
3. Up on your feet a lot: 3 to 4 weeks
4. Manual labor: 4 to 6 weeks

This could vary depending upon your condition and your healing.

GENERAL INFORMATION:

1. Strenuous activity/heavy lifting of objects greater than 10 lbs. should be avoided for 4 weeks.
2. All incisions will be extremely sensitive to sunlight for one year. Direct sun contact is to be avoided and use a sunscreen with SPF 30 or greater for the first 6 months and at least SPF 15 for the next 6 months. Excellent sunscreen options are offered through our various skin care lines.
3. Please take all medication carefully and as directed.
4. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
5. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

FOLLOW-UP (return visits): Follow-up after surgery varies based on the extent of the procedure, any pre-existing health conditions you may have, how far away you live, and in the unusual event where there is a complication.

For many patients follow-up includes:

- a) Follow-up within 5-14 days with Nurses to check wounds, and to address any minor questions or concerns.
- b) Physician follow-up at approximately 3 weeks, and usually once or twice after that to confirm you are doing well.