

## PRE-OP

2 Weeks before      1 Week before      Few Days before      1 Day before      Day of Surgery



### Medications

Take this, not that.

Stop taking **NSAIDs** (ibuprofen, naproxen, Motrin, Aleve), **Vitamin E**, **garlic**, **ginseng**, or **Ginkgo**.

- NSAIDs and these supplements can increase your risk of bleeding and bruising after surgery.
- For aches and pains, take **Tylenol** instead.



### Diet

Eat this, not that.

Stop taking **baby aspirin** (81 mg) if you take it for general health.

- If you take it for any other reason, this will be discussed.

Stop drinking **alcohol**.

You can pick up your post-op meds.

You can take necessary meds with sips of water.

Keep a healthy diet high in **protein** and **fiber**, and low in carbohydrates. Drink plenty of **water**. You're well-hydrated when your urine is pale yellow or clear.

- Depending on your size, you may need 75-100 oz. of water per day. Avoid sugary drinks.

Do not eat or drink **anything** after **midnight** the night before surgery.



### Activity Level

Lowering your risk.

#### Stay active.

- Your heart and lungs will perform better during surgery.

#### Avoid sitting

 for prolonged periods.

- The risk of developing a blood clot after short procedures like breast reduction is relatively low. Nevertheless, if you're planning to take a long flight or road trip shortly before or after your surgery date, please let us know.



### Tasks

Getting ready.

Prepare yourself and your home for recovery.

- You'll need to **sleep on your back** for 4 weeks after surgery, which may mean getting more pillows, a recliner, etc.
- Arrange **transport**. A responsible adult must accompany you home after surgery.
- Arrange **home care**. You may need some assistance for 1-2 days after surgery.
- Plan for **time off** from work. Depending on your job duties, you will need 1-4 weeks off.

Shower in the AM.

- Do **NOT** apply any creams or lotions after.
- Leave your contacts and jewelry at home.









### Coordination

Who, what, where, when.

Our office will call you to confirm important info:

- When** and where to go for your procedure
- Who** is picking you up afterwards
- Where** you're staying post-op
- How** to reach Dr. Molina

# POST-OP

	Day of Surgery	1 Day after	4 Days after	2 Weeks after	4 Weeks after	6 Weeks after
 <p><b>Coordination</b> Who, what, where, when.</p>	You'll wake up in the <b>recovery room</b> . You'll rest for 1-2 hours, then you'll go <b>home</b> .	Dr. Molina will visit you if you're local, or call you to check in.  You'll have Dr. Molina's <b>cell phone</b> number for routine questions or for after-hours emergencies.	<b>Follow-Up Visit #1</b>	<b>Follow-Up Visit #2</b>		<b>Follow-Up Visit #3</b>
 <p><b>Medications</b> Take this, not that.</p>	You'll be prescribed <b>ibuprofen</b> and <b>Tylenol</b> . Take them as directed. <i>You and Dr. Molina will discuss whether additional medications are right for you.</i>			You can resume <b>aspirin</b> and any <b>supplements</b> .		
 <p><b>Diet</b> Eat this, not that.</p>	Resume your usual diet as soon as you'd like. High <b>protein</b> , high <b>fiber</b> , low carbs, and plenty of water.			You can resume drinking <b>alcohol</b> in moderation.		
 <p><b>Dressings, Garments &amp; Bathing</b></p>	Dressings will include skin tape, cotton padding, and a surgical bra. • <i>Keep everything in place, and keep it <b>dry</b> until your first post-op visit.</i>			Dr. Molina will remove your dressings and transition you to a <b>scar care</b> plan.		
	Please <b>sponge bathe</b> your arms and legs only.			Wear your surgical <b>bra</b> or a lightly compressive sports bra <b>24/7</b> , except while showering.		
				You may <b>shower</b> , but do NOT submerge yourself in water (no baths, no swimming).		
				You can be <b>bra-free</b> for up to <b>12 hours</b> per day.		
				Wear whatever bra you'd like, or <b>no bra</b> at all!		
 <p><b>Activity Level</b> Balancing rest &amp; action.</p>	Walk around the house. <b>Short, frequent walks</b> . YES, from Day 1! • <b>NO BED REST</b> . <i>Prolonged bed rest puts you at risk for dangerous blood clots. But...</i> • <b>NO EXERCISING</b> . <i>If you over-exert yourself, you risk surgical complications, which can be severe.</i>			<b>Light exercise</b> . Long walks, easy biking. Still <i>avoid</i> any strenuous activity or heavy lifting.		
				<b>Normal activity, with support</b> . Any type of exercise is OK, but you <i>must</i> wear a supportive bra.		
				<b>No restrictions!</b> Rigorous exercise is OK, with or without a bra!		
 <p><b>Healing</b> What to expect.</p>				Swelling is about 80% gone. You'll keep healing on the inside for about a year.		
				Swelling will gradually worsen before it starts to improve after ~2 weeks. If you notice a <b>sudden</b> increase in swelling or a <b>drastic</b> difference between breasts, <b>call us</b> right away.		
				Small bits of your incisions may not be healed yet. You may notice a yellow film over these wounds, which is normal. Infections are very rare. With some extra care, these areas heal in 1-3 weeks.		