

**PREOP INSTRUCTIONS  
BREAST REDUCTION/MASTOPEXY**

Arrive at \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_. Please call our office 406-728-3811 the day before your surgery to confirm your appointment. If you are unable to keep your scheduled surgery, please call our office 2 weeks prior to your surgery date to cancel.

You will need to have a responsible person drive you home and be with you for 24 hours after your surgery. They should be available to speak with the recovery room nurse to receive post op instructions, and get prescriptions filled if needed. You will also need to arrange to have someone drive you to your return appointment.

Plan on minimal activity for the first 2 weeks following surgery and for 4 weeks for upper body activity. No vacuuming, lifting (ie. Children), housework, working out, etc..

Do not eat any food or drink fluids after midnight the night before surgery (or go by the instructions that the surgery center or hospital gives you).

- Avoid alcoholic beverages for 24 hours before surgery
- Nothing in the morning, no water, coffee, juice or liquids
- Do not suck on mints, chew gum, tobacco, or candy

Remember to remove all makeup (lipstick, mascara, or etc.) some of the ingredients may be hazardous in the operating room.

Wear comfortable loose fitting clothing, a button down shirt, easy slip-on pants, and flat shoes.

Begin to clean your body with some antibacterial soap (ie. Dial) 2 days prior to surgery.

Report any pustules, boils, or infections, prior to surgery.

Do not wear anything made of metal such as a watch, rings, earrings, necklace, or any body piercings.

Take a shower and wash your hair the night before or the morning of your surgery. Do not apply any deodorant, powder, ointment, hair products, or perfume.

Do not smoke or be around smokers for 2 weeks, prior to and after surgery. Smoking causes slower and compromised healing time.

Do not wear contact lenses. Bring your glasses with you, if needed, to sign the necessary paperwork.

Do not take any aspirin, ibuprofen or Vitamin E products for 2 weeks prior to and after surgery. These products can cause excess bleeding and bruising. You may take Tylenol if experiencing pain.

Start taking Vitamedica Healing Program Vitamins (supplied to you through our office) 3 days prior to surgery for **Mastopexy** patients. **Breast Reduction** patients may purchase the Surgery Program at our office (\$90 need to begin taking 2 weeks prior to surgery). Unfortunately insurance companies do not cover the vitamins. Read the contraindications on the vitamin box. If you have any of the listed contraindications, do not take and call our office and ask to speak to the nurse.

Check with Dr. Hardy or his nurse in regards to your medications that you usually take in the morning. A general rule is that heart and blood pressure medications should be taken with a small sip of water. Diabetic dosages may vary according to your diabetic Doctor's orders.

Make sure that all your insurance financial obligations have been met with the office 2 weeks before surgery. If not, you run the chance of having your surgery cancelled or postponed.

Be sure you have an adequate supply of liquids and low sodium foods to eat after surgery.

You may have drain tubes after breast reduction surgery.

SUPPLIES to have prepared prior to coming home from surgery:

- 4 x 4 gauze
- pillows
- thermometer
- over the counter gentle laxative and stool softener
- support (sports) bra with a front closure (no underwire)
- try Super Walmart or Target

**POST OP INSTRUCTIONS**  
**BREAST REDUCTION/MASTOPEXY**

Office Hours

Weekdays: 9:00am – 5:00pm: for any abnormalities or emergencies call 406-728-3811 and ask to speak to the nurse.

After hours & weekends: call 406-728-3811 and ask the operator to page Dr. Hardy.

Call the office immediately if you have:

- a temperature of 101 or greater
- redness that's beginning to spread away from the incision site
- any unusually painful swelling, redness & swelling, purple color & swelling
- any active bleeding saturating more than a 4x4 gauze
- any purulent "pus like" drainage coming from the incision site
- pain that is not relieved by your pain medication

**ACTIVITY:**

Remember to:

- turn, cough and deep breathe every 2-3 hours while awake to expand your lungs.
- wear your TED hose daily until you are moving about freely.
- point your toes to the ceiling and push your heels downward frequently in order to prevent blood clots.

Keep your chest elevated on 2-3 pillows for 2 weeks or until all the swelling has diminished. Do not lie on either side for 6 weeks.

You may begin to do leg and lower body exercises, light walking after the first 14 days post surgery. Do not do exercises using the upper body for 6 weeks after surgery. Check with Dr. Hardy before resuming any exercise program.

Do not engage in sexual activity for 2 weeks after surgery.

Avoid bending down and picking up heavy objects.

- do not pick up anything over 10 lbs for the first 4 weeks
- at 4-6 weeks increase it to 25 lbs
- 6 weeks you are free to lift anything

Do not operate a motor vehicle:

- until you can handle the steering wheel without causing any discomfort, usually 2 weeks
- within 24 hours of taking prescribed pain medication

Do not raise arms or reach for objects for the first 2 weeks. Gradually start increasing arm extension, but continue to not reach for objects for 4 weeks after surgery.

You may apply cold compresses for 20 minutes every 2 hours for the first 48 hours. Make sure you have a barrier such as a towel between your skin and the cold pack. This is to minimize your swelling and bruising. Please be careful that you do not fall asleep with ice on your surgical site, this could cause frostbite.

#### DRESSINGS:

Keep your dressings dry. You may shower in 48 hours at which time you may change your dressings. You will go home with a support bra.

Do not remove your steri strips. They will fall off in 7-14 days or be removed at your postop visit.

Do not submerge yourself in water or take a bath for 4 weeks after surgery. Avoid excessive heat (ie. Hot tubs, saunas, etc.) for 4 weeks.

Wear the support bra all the time for the first 4 weeks. You may remove it to shower or to clean it. Additional support bras may be purchased at local department stores (Walmart, Target).

You may see little pimple-like blisters along your incision site. They may appear as tiny abscesses, wounds that won't heal, or as pimples. They're sutures that have not completely dissolved.

If you have drains, you will need to:

- Strip or milk the drain tubings so they don't clot.

- Empty the drain bulbs and compress them every 3-4 hours unless they become full sooner.

- The drains will be removed when they put out less than 25 cc in 24 hours. You will need to keep a 24 hour record of each drain output for the office nurse.

- It is important to take it easy with minimal activity for 3 days after the drains are removed. If you do not do this, you may cause swelling and fluid retention, which may result in coming into the office to have fluid aspiration or another drain placed.

#### MEDICATIONS:

Take your prescribed medications as ordered. Take your antibiotics until they're all gone.

Do not take aspirin, ibuprofen, and Vitamin E products for 2 weeks after your surgery. You may take Tylenol if experiencing pain.

Pain medication, anesthesia, and a lack of exercise can cause you to have bowel problems (constipation). You can take a gentle over-the-counter laxative and stool softener.

**OTHER:**

Do not smoke or be with smokers for 2 weeks after surgery.

Avoid direct sunlight to your incision. Apply a good sunblock frequently (20 SPF) to your healed incision site if you plan to expose them to sunlight.