

## BREAST REDUCTION INFORMATION

### PRIOR TO YOUR BREAST REDUCTION PROCEDURE

- Your initial consultation with Dr. Papalian will include a discussion regarding your options in terms of which Breast Reduction procedures are appropriate for your particular findings and desires.
- Should we decide that insurance coverage might apply, preoperative photographs will be taken and a predetermination letter will be sent to your insurance company. The insurance evaluation process typically takes 4 weeks for a reply.
- Prior to your procedure, you will have your “Pre Op” visit with Dr. Papalian generally 2 weeks before to your surgery.
- At that time, your medical condition will be reviewed and any preoperative testing evaluated. For women over 40 years old, a recent mammogram is recommended.
- You will be given clear information on what to expect before, during and after surgery.
- Together, with Dr. Papalian, a decision will be made on having the procedure as an outpatient versus an overnight stay at Sequoia Hospital.
- You will be provided with information on your surgical bra for after surgery.
- You will be provided with a prescription for your postoperative medications and it is recommended that you have the prescriptions filled at your local pharmacy and ready at home prior to your surgery
- Smoking before surgery will always increase your risk, however it is imperative that you refrain from smoking for 6 weeks prior to your procedure.
- Avoidance of Aspirin and Aspirin containing products is strictly prohibited for 14 days before surgery.
- It is recommended that you avoid alcohol for 48 hours pre operatively.
- “Herbal remedies” and “herbal supplements” are to be avoided for 14 days preoperatively.
- You will be given instructions by Dr. Papalian, on which of your prescription medications you should continue to take before your surgery at the time of your Pre-Op visit.
- Nausea after surgery is not an uncommon finding. Dr Papalian finds that if you eat a light, low residue, low volume diet for the entire day prior to surgery, patients often have fewer issues with nausea.
- Hydration however is important. Drink plenty of water.
- The night prior to surgery, **after midnight**, it is important that you **DO NOT EAT OR DRINK ANYTHING**, including water.

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- You will need to ensure that you have proper help at home for after surgery. It is always recommended that you have someone with you for the first night after surgery.
- You will need to arrange for your transportation to and from the hospital or facility and for your first postoperative visit, as it is recommended that you not drive to the first visit.
- Surgery, while anxiety provoking, should be a controlled fulfilling experience. You will be provided with all the information needed to ensure you are prepared and “ready” for your procedure.
- Dr Papalian will guide you “each step of the way” and ensure that you are comfortable with your progress
- You should ask questions and feel free to contact the office if you need any information.

### YOUR BREAST REDUCTION SURGERY DAY

- **After midnight** the night before surgery, it is important that you **DO NOT TO EAT OR DRINK** anything, including water.
- It is best to wear clothes that are easy to slip on. A top that is either a front zipper or button is recommended
- Your procedure will either be performed at the **Plastic Surgery Center in Palo Alto (Out-patient) or Sequoia Hospital (In-patient)**.
- Your procedure will be performed under **General Anesthesia** as an inpatient or outpatient. The anesthesia providers are physician anesthesiologists, not nurses, who will personally and continuously attend to you, for your ultimate safety.
- If your procedure is being performed as an outpatient, following your procedure, you will spend time recovering in the facility. There is no defined time for discharge. The facility staff will ensure that you are ready to go home before you are discharged.
- For patients who are staying in the hospital overnight, you will go directly to your hospital room after your initial post anesthetic recovery.
- You will need transportation home from the hospital or facility.
- After surgery you may resume your routine prescription medications.
- For Outpatients, you will be discharged with a surgical bra and elastic wrap around your chest area. You will leave the dressings in place for the first night and be seen in the office the following day.
- Hospitalized patients will be seen by Dr. Papalian, the following morning and then discharged.

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## RECOVERY FOLLOWING BREAST REDUCTION

- Recovery from Breast Reduction is typically rapid. After just a few days of soreness, patients usually return to usual activities.
- Discomfort following surgery is commonly well controlled with pain medication taken for the first few days.
- You will be seen the day following your Breast Reduction procedure, when the dressings will be removed. If you stay in the hospital overnight, you will be seen in the hospital. If your procedure is performed as an outpatient, you will be seen in the office.
- After being seen the first postoperative day by Dr. Papalian, you will be able to shower and only require a surgical bra as dressings.
- Most Breast Reduction procedures require the use of postoperative drains. If drains are utilized, you will be able to shower, with the drains in place, and you will be given instructions on drain care. Drains, when utilized, reduce swelling and bruising after surgery and are typically removed in 3-4 days in the office.
- Dr. Papalian often utilizes sutures under the skin that minimize tissue reaction and scar, but do need to be removed. These sutures will be removed in 14-21 days. After sutures are removed, you may swim and “soak” in a bath.
- Swelling and bruising is typically minimal.
- Most patients return to work in 7-14 days depending upon the extent of the reduction.
- Regular exercise can be resumed in 21 days. Walking immediately after surgery is encouraged, but “bouncing” activities should be avoided initially.

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