

James R. Benjamin MD
Plastic and Reconstructive Surgery
301-262-1118/ 301-805-8399
Pre and Post-Operative Instructions

Breast Reduction

Pre-operative Instructions

24 hours before:

Pick up prescription for pain from office or check if it was scripted
Purchase CoQ10 100mg, Ester C 1000mg, Vit. E 400mg, and Vit. A 10,000 IU
to be taken once a day, and Bromelain (or fresh pineapple) to be taken in between
meals.

Purchase Sterile 4x4's and thin maxi pads and blue chux or waterproof pads

Purchase Pericolace or Ducolax stool softener and laxative

Fill prescription

Do not eat or drink anything after 12 midnight.

Day of Surgery

Have someone drive you to the hospital

Have someone pick you up from the hospital

Place towels or chucks or other waterproof sheet on bed to protect bedding from bloody
drainage

Dr. Benjamin will bring your garment.

Post-operative Instructions

Drains

Empty drains when full and record the amount on a piece of paper. The Doctor will ask
you tell him the amount and color.(Remember to open the cap, pour out the contents into
a container, squeeze the air out of the drain bulb, replace the cap on the drain valve, the
drain bulb should be collapsed creating a suction) You can empty the drainage into the
toilet and flush. Should you notice any leakage around the drain insertion site, place a
sterile 4x4 around the base. Change this daily or when saturated. Should the drain
become dislodged even slightly, do not push it back in...call the doctor. Bacteria can be
pushed in with the drain and cause an infection.

Diet

Start with liquid- water, Sprite, Coke, then progress to crackers, then soft diet and finally
a regular diet. Drink plenty of fluid to replace the volume of blood lost during surgery, in
order that you don't feel dizzy when you stand up. Your body will gradually rebuild this
supply. Remember that a high sugar diet adds to inflammation and pain. Try to avoid this
in excess. A high protein diet helps to decrease swelling and pull the fluids into the blood
stream to keep your blood pressure up. Start taking your vitamin supplements as soon as
you are tolerating food. These will help in wound healing and scar formation.

Breathing

Take deep breaths every hour and cough. If you received an inspirimeter from the hospital, use it 4 times every hour on the hour. Good oxygenation is vital to survival of the skin flaps and prevention of pneumonia and atelectasis.

Pain Control

Use the narcotic medication prescribed by the doctor every 4-6 hours. We prefer the prescription be taken every six hours as needed for pain. If you combine it with the Ibuprofen the amount of narcotic medication necessary for relief is extended. For many patients, narcotic medications may not be necessary at all. Remember that narcotic medications can also cause constipation which can increase abdominal pressure. Be sure you are taking your pericolace daily to prevent this. The sooner you can stop taking the narcotic analgesic the better. Motrin, up to 800mg three times a day, may be utilized for up to 10days, often giving adequate pain relief.

Bathing

As long as you have drains, you cannot take a shower. You can sponge bathe, being careful not to get the drain insertion sites wet. Change the bandages every day or more often if necessary. After the drains have been removed (usually 5-7 days depending on the amount of drainage) you can feel free to shower. Always remember to keep the incision site dry after showering until healed. After the skin is completely healed you can feel free to take a bath.

Warning signs

Fever, Burning on Urination, leg pain, sudden shortness of breath, increase in output from drains, wound edge separation, chest pain, all warrant a call to the doctor. Have your local pharmacy number on hand when you call so he can call in a prescription if he needs to. Should you have any other concerns during your post-operative period, please call so we can discuss them.

Next Appointment -Call the day after surgery to schedule a follow-up appointment within 7 days-10days. You may receive a home visit from either Dr. Benjamin or his nurse to check on you in the first 24-48 hrs.

I have received 2 pages of instructions and understand the directions as stated here.

(Signature)

(Date)