



Plastic/Reconstructive Surgery

Breast reduction involves a surgical excision of redundant breast tissue and skin with recontouring of breast shape. The purpose of this procedure is to decrease neck, back and shoulder pain.

Breast augmentation involves the insertion of breast implants.

Flaps are used when significant tissue deficiency occurs following a radical or modified radical mastectomy, or due to pressure sores.

Blephroplasty involves repairing of the upper or lower eyelid to remove redundant skin.

Rhytidectomy involves tightening or removing wrinkles and facial laxity giving a more rested, youthful appearance.

Return appointment

- Keep your scheduled appointment at your surgeon's office.

Diet

- You will be started on clear liquids following the surgery.

Medications

- Resume your regular medications unless otherwise instructed by your doctor.

Discomfort

- Take prescribed pain medication as directed by your surgeon. Narcotics should be taken with food to help avoid stomach upset.
- As you continue to recover, you will need less pain medication. Tylenol or Advil may be used with the consent of your surgeon.

Activities and restrictions

- Follow your doctor's orders concerning driving, returning to work and exercising.
- No lifting. Your surgeon will give you further instructions.
- Your surgeon will give you further instructions on showering and bathing.
- If you have small pieces of tape, leave in place until they start to peel.

- For breast surgery:
 - You may have ace wraps or bandage.
 - You may have drains in place.
 - You may be instructed to wear a well fitting bra after surgery.
 - You may be instructed to use an ice pack.

Reasons to contact your physician

- Temperature of 100 degrees or higher
- Pain not controlled with your prescribed pain medication
- Significant bleeding, drainage, redness or sudden swelling
- Prolonged nausea or vomiting