

# 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.

## **Before the day of surgery:**

- Ask your doctor if you need to stop blood-thinning medicines like aspirin or coumadin.

## **On the day of surgery:**

- You will need to arrive 1 ½ hours before surgery. A nurse will interview you, start an IV and answer any questions you have.

## **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 (pus), redness or sudden swelling
- Prolonged nausea or vomiting