

POSTOPERATIVE

BRA

INSTRUCTIONS

The pictures are an example of a bra to wear after breast surgery. Make sure that the circumference size is enough to allow for some padding under the breast on the lines of the incision. Patients having breast surgery should bring their bra the day of surgery and bring it to the operating room.



Post surgical bras have front opening multi-position hook & eye for easy adjustability with on and off convenience.

Some post surgical bras come with convenient multi-position shoulder hook & eye for easy on and off.



Ultimate full coverage with firm support for maximum controlled compression and patient postoperative comfort

DRAIN INSTRUCTIONS

How to empty the Jackson Pratt drain:

1. Wash your hands and unpin the drain from your clothes.
2. Hold the drain with the stopper at the top.
3. Remove the stopper from the pouring spout and let the drain fill with air.
4. When the drain is fully expanded, read the amount of fluid in the drain by using the lines on the side of the drain.
Note: Each line has a number next to it, 25, 50, 75 100 ml. This is the amount you will record on the drainage chart. If you cannot see the number, count the number of lines and record it on the chart as line 1, line 2, line 3 and so on.
5. Pour all of the liquid out into a paper cup.
Note: To prevent infection DO NOT let the spout or the top of the open drain touch anything.
6. Now, use one hand to squeeze the sides of the bulb together. This will push all of the air out of the bulb. While keeping the bulb squeezed, use your other hand to put the stopper back into the spout.
Note: Keeping the bulb squeezed together helps to remove drainage from under the skin.
7. Pin the drain back onto your clothes. This will help prevent the drain from being pulled out by mistake.
8. Write down the date, time and amount of drainage and bring this record to your first doctor's visit.
9. Discard the fluid into the toilet.
10. Wash your hands.

A Guide As You Prepare For Breast Reduction Surgery



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PREOPERATIVE INSTRUCTIONS

Schedule and complete your mammogram as soon as possible if you are over 40 years or have a family history of breast cancer.

No aspirin or aspirin containing drugs two weeks prior to surgery. Tylenol may be used as a substitute.

Complete all preoperative testing lab work three weeks prior to surgery.

Purchase a front closure (no underwire) support bra to bring to the operating room. You may want to order a circumference size larger. (If you wear a 38C/D order a 40 C/D.)

Shower and wash well the night before and the morning of your surgery. Do not apply deodorant, cream or powder to your body the day of your surgery.

No make-up, jewelry, contacts, hair accessories on the day of your procedure. Wear comfortable clothing that buttons or zips up the front. Also remove nail polish. If you have acrylic nails, you must remove the nail on the index finger.

Quit smoking. Smoking delays wound healing. No alcohol 24 hours prior to surgery.

No food or liquid after midnight before surgery. These precautions are necessary for anesthesia.

Call the office to report any illness or cold symptoms within one week of surgery.

Fill prescriptions prior to surgery. Antibiotics will be prescribed. Please take as directed. Please alert the physician of any allergies to medications. Please start your antibiotic the day before surgery. Other medication will be used for after your surgery.

Pain medication will be given to help with discomfort.

If you think you may have difficulty sleeping, Tylenol PM may be used.

You may want to begin taking yogurt with active cultures daily following surgery. Antibiotics can be tough on your digestive system.

If you care for family or pets, please make arrangements to have assistance for the first 7 to 10 days.

It is best to practice getting in and out of bed without placing a great deal of pressure, or pulling on your arms. It is not abnormal for your arms to be sore after surgery.

Comfortable, loose fitting pajamas and clothing that button in the front, rather than pull-over your head, are recommended following surgery.

Shave under your arms prior to surgery.

What should I expect the day of surgery?

The surgery will be performed under general anesthesia. All patients require someone to drive them home after surgery.

It is best for you to rest and take it easy the first night.

You will have an IV in place to ensure that you are receiving adequate fluids until you go home. It is also encouraged that you drink fluids throughout your recovery. Breast drains will be in place.

Only a light meal is suggested after surgery to avoid stomach upset.

Swelling and bruising are normal reactions to the healing process. Alert nursing immediately if you have concerns.

Be certain to alert your nurse of pain so that the prescribed pain medication can be administered.

Patient may experience constipation, which may be relieved by Magnesium Citrate which can be purchased over-the-counter in the pharmacy. Patient may also use Metamucil Wafers.

Your support bra will be on when you leave the operating room.

Postoperative Instructions

For the first 24 hours, we encourage you to drink plenty of fluids, preferably clear liquids, no carbonated or caffeinated drinks. You will have IV fluids while in the hospital. We encourage you to start with fluids and progress to solid foods.

Take pain medications as ordered every four to six hours. We suggest you to eat first to avoid stomach upset. Avoid all alcohol while taking medications.

Breast drains will be in place for 5-10 days depending on your drainage. You need to keep a record of their output. Please notify us if drains are not functioning properly. You will be instructed on the technique of “milking the tubes” to promote proper drainage. We ask you to do this three times a day. You may clean drainage areas with peroxide. (Instruction on how to empty and measure drains on back of brochure).

You may shower after 24 hours or when you feel up to it. You may apply antibiotic ointment. Steri-strips will be covering your incisions. Leave steri-strips on. You can pat area dry or use **cool** hair dryer. These should be allowed to fall off naturally.

At home you may apply ice to operative area for 20 minutes out of the hour as needed. Apply gauze pads in your bra to absorb drainage. You may want to purchase Kotex pads instead.

Avoid strenuous activity including lifting, pushing, pulling or exercise for four weeks. Casual walking is acceptable. Rest in a semi-sitting position with head elevated on two pillows. A recliner is ideal. A support bra should be worn for 3-4 weeks.

Driving is permitted once you are no longer taking pain medication.

Notify us of fever 101 degrees or greater, chills, severe nausea and vomiting, excessive bleeding or drainage.