BALDWIN PLASTIC SURGERY

2403 Loy Drive Suite 202, Lafayette, IN 47909

765.838.2119

Breast reduction

**Before Surgery**

* Purchase a sports/athletic type bra prior to your procedure. It should be the same size circumferentially that you usually wear and have a stretchy “one size fits most” cup. Example: If you usually wear a 38DDD you would want a sports bra that fits a size 38 C/D. The bra should be a soft, knit fabric and should have as wide of a band top to bottom that you can find. Black is a good color because it will not show any stains from blood or fluids that may occur during the first couple of days after surgery. It is also important to have a front opening clasp. One need not spend a lot of money on a fancy, expensive label bra for this particular purpose.
* Pain medication will be prescribed for use after surgery. It is important that you pick up your medication prior to the day of your surgery. You should not, however, start taking them until after your procedure.
* The pain medication most commonly prescribe is Lortab, Vicodin, and Hydrocodone. If you have had an allergic reaction or trouble with any of these pain medications in the past, please let us know.
* **DO NOT EAT OR DRINK anything for at least 8 hours before surgery. This is very important. Doing so could result in your surgery being cancelled.**

**Day of Surgery**

* Arrive at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Surgical Center at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* You will need to have a responsible adult take you home from the surgery center. You will not be able to drive yourself home. We do not allow you to use public transportation or a taxi service following surgery.
* Please wear loose fitting, front buttoning clothing for ease in re-dressing after surgery.

**After Surgery**

* You will go home with a surgical dressing of Ace wraps, gauze and tape. This surgical dressing is to stay in place for the first 48 hours. Do not get it wet during that time. You may shower 48 hours following surgery.
* Before getting in the shower, remove the Ace wraps, along with the gauze and tape dressing. Under this dressing, white tapes (steri-strips) will be visible on your incisions. You may get these tapes wet. They are there to protect your incisions and should be left in place as long as possible. We will evaluate and replace them if necessary at your post-op visits. Keep your shower short and not really hot, to avoid getting light-headed in the shower.
* After your shower, carefully pat dry your breasts and put on your sports/athletic type bra. No lotions or ointments will be necessary. If you are still having some drainage, you may slide a panty liner into your bra. Please keep it changed regularly.
* Do not use hot wraps, heating pads, or ice on your breasts after surgery as the skin may be numb, and burns or blistering may occur easily.
* Sleep for the first night or two propped up with several extra pillows behind your back or in a recliner to help reduce swelling and help with your comfort.
* Physical exercise and heavy lifting should be avoided after surgery until cleared by Dr. Baldwin.
* You may drive when you are reasonably comfortable and are off pain medication. The issue is simply one of safety, both to you and others while operating a car. Usually, this is within 2 weeks, but should be discussed with Dr. Baldwin.
* It is usual for one breast to hurt more, to swell a bit more, to have different sensations than the other, at different times and for different lengths of time, etc. Pain, swelling, and bruising peaks at 48 hours after surgery, then should begin to get better in the days following.
* If increased swelling, redness, or warmth develops in your breasts after surgery, please call Dr. Baldwin and have your pharmacy number ready.

Dr. Baldwin and his fully experienced plastic surgery staff are devoted to providing top quality care for their plastic surgery patients. Utilizing safe and proven techniques and technologies, Dr. Baldwin is able to help his patients achieve pleasing results. The safety, comfort and satisfaction of his patients are Dr. Baldwin’s primary concerns and he makes every effort to try to ensure that their experiences are positive ones.

Dr. James D. (Sam) Baldwin

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