

PLASTIC SURGERY CENTER OF ST. JOSEPH, INC.
MICHAEL D. DE PRIEST, M.D.

BREAST REDUCTION SURGERY

BEFORE SURGERY

- 1) Do not take any medications containing aspirin for 2-3 weeks before surgery because it interferes with normal blood clotting. Look at the medicine labels under "active ingredients." If it lists "acetylsalicylic acid," the product includes aspirin, and you should avoid taking it. Take Tylenol if needed. If there are any questions, please call your pharmacist. Also avoid Vitamin E one week before surgery.
- 2) You will need to have a CBC (complete blood count) done prior to your surgery. Dr. De Priest's nurses will arrange this for you. Depending upon your age and past medical health, other tests may be necessary. Testing may be done at Pre-Admission Testing (located in the Medical Plaza 1 Building, north of Heartland Hospital) or at the Eastridge Medical Lab (in the medical office area around Sherman Avenue north of Perkins [233-9313]).
- 3) Dr. De Priest will take photos before your surgery (these will not show your face). He will keep these in a confidential file for his use only.
- 4) If you notice any signs of infection, such as fever, skin eruptions or cough, flu or other medical problems, please notify our offices at 364-6446.
- 5) Remove fingernail polish before surgery.

DAY OF SURGERY

- 1) Take a shower or bath and wash your hair. We recommend Dial soap.
- 2) Nothing to eat or drink after midnight the night before surgery, unless Dr. De Priest has asked you to you're your normally-scheduled medications with a sip of water. This is a critical safety rule.
- 3) Do not apply cosmetics of any kind.
- 4) Do not wear jewelry-rings, watches, contacts.
- 5) Bring your bra with you the day of surgery.

AFTER SURGERY

- 1) You will have a chest wrap after surgery. You will remove this the next day.
- 2) Take pain medication as needed for your comfort. Take with food to prevent nausea.
- 3) Do not drink alcohol while taking pain pills.
- 4) Call Dr. De Priest for severe pain, bleeding, fevers or other problems. His home phone is 233-7043 if you have to call at night or on weekends.
- 5) Do not drink alcohol.
- 6) Avoid strenuous exercise until Dr. De Priest okays this.
- 7) Wear a sports bra continuously (day and night) unless otherwise instructed by Dr. De Priest. You will remove this for showers after the second day after surgery.
- 8) Call the office at **816-364-6446** if other questions arise.

Phyllis Mulder, R.N., C.P.S.N.
Brenda Boller, R.N.
Tony Claycomb, R.N.
Pat Higdon, R.N.
Terry Hurst, R.N.