



## **BREAST REDUCTION**

### **DAY OF SURGERY**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

#### **THINGS TO EXPECT TODAY**

- You will receive IV fluids.
- You will be transferred from the Recovery Room to a room on one of the surgical units.
- Your nurse will monitor your vital signs (blood pressure, pulse) and check the dressing over your incision.
- You will have a tube draining fluid from the incision site. The nurse will check the drain frequently, measure the amount of fluid and empty it.

#### **THINGS TO DO TODAY**

Review the ***While in the Hospital and Going Home*** Sections in your information packet. Write down any questions.

- Use the incentive spirometer every hour. Do the coughing and deep breathing exercises every 2 hours.
- You will be given liquids. If you tolerate them, you will be able to resume your usual diet.
- You will be helped to get out of bed to go to the bathroom. When in bed, the head of the bed should be raised to a 30° angle.
- Ask the nurse about your pain management program. You will be asked to rate your pain, before and after taking pain medication to make sure you are comfortable.



**DAY OF DISCHARGE**

**DAY:**\_\_\_\_\_ **DATE:**\_\_\_\_\_

**THINGS TO EXPECT TODAY**

- The doctor will change the dressing and remove the drain.
- Staff will review discharge instructions.
- You will receive any needed prescriptions. Generally, you will receive a prescription for antibiotics and pain.
- If indicated, a referral to a visiting nurse service will be made to assist you with drain care at home.

**THINGS TO DO TODAY**

- Wash up.
- If you are going home with a drain, empty it under your nurse's supervision. This will help you feel more confident doing it when you go home.
- Find out when you need to return for a follow-up visit with the surgeon.
- Review the discharge plan with the nurse and sign it. Ask any remaining questions.