**What to Expect: Breast Reduction Surgery**

**Insurance Criteria**

This procedure is only approved for insurance coverage if medically necessary. Each insurance company has a set of guidelines that often include (but are not limited to):

* Neck, back or shoulder pain
* Restriction of physical activity (ie. exercise)
* Shoulder grooving from bra straps

During your consultation, Dr. Talbot will determine the amount of breast tissue to be removed.

**Procedure Details**

Often a wise-pattern or “anchor” incision is performed. This is an incision around the areola, a vertical incision down the center of the breast and a horizontal incision at the base of the breast.

* **Duration of surgery**: 2 hours
* **Hospital stay**: 1 night observation.

**Before Surgery**

You may be scheduled to undergo pre-operative testing with the Anesthesia team in the Weiner Center, where they will review your medications and medical problems. Do not eat or drink after midnight the evening before your surgery. You may take required medications with a sip of water. Call the Weiner Center at 617) 732-7484 with questions about your medications and when to stop them.

**After Surgery Care**

It is normal to feel tired and washed out after surgery. Often the pain medication and anesthetic will make you feel tired. Pace yourself according to how you feel. Total bed rest is not desirable – you should walk several times a day beginning the day after surgery.

* **Pain**: You will be given a prescription for a narcotic, such as Oxycodone. This medication may cause constipation, nausea and drowsiness. Do not consume this with alcohol or drive when taking this medication. You should take an over-the-counter stool softener (Colace or Senna) to prevent constipation. You may also take over-the-counter Tylenol or Ibuprofen for pain.
* **Numbness**: Your chest will be numb for several weeks to months. Your nipples may be overly sensitive or numb for several weeks after surgery. Often, the nipples are very sensitive after surgery and become less sensitive after a few weeks before they normalize.
* **Scars and stitches**: There will be one stitch at the base of each breast that we will be removed 1 week after surgery. All other stitches are dissolvable.
* **Drains**: A drain will be placed at each side of the chest. These will be removed the morning after your surgery before being discharged home.
* **Surgical Bra:** You will be provided with a post-surgical bra at the time of surgery. After your first office follow up, you may transition to a soft sports bra or a bra without an underwire. Avoid underwire for 3 months after surgery as this can be uncomfortable on your incision line.
* **Activity:** Walking is important to reduce post-operative risks. No heavy exercise for at least 3-4 weeks after surgery. No heavy lifting or exercises that engage the chest muscles for 12 weeks.
* **Bathing/Showering**: You may shower after surgery.
* **Driving**:You may resume driving when you are off all narcotic pain medication and feel comfortable turning quickly if there was an emergency.
* **Follow up**: Schedule a postoperative appointment with Dr. Talbot’s clinic 1 week after surgery. Call 617-732-4288 with any questions or concerns.