



# Vinod V. Pathy, MD, FACS

## Aesthetic, Plastic, & Reconstructive Surgery

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Guilford, CT 06437  
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330 Washington Street, Suite 410  
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860-425-5300

### Breast Reduction Pre-operative Instructions

- Your scheduled surgery date is \_\_\_\_\_.
- Your procedure will be performed at \_\_\_\_\_.
- You should call Surgical Booking at \_\_\_\_\_ one business day prior to your scheduled procedure to determine as to when to arrive to the facility.
- Labwork has been ordered for you in preparation for your surgery, which may include an EKG and/or a chest X-ray as well. Please complete all tests at least 1 week prior to your procedure, but no more than 4 weeks before your scheduled surgical date.
- If you smoke or use any other nicotine products (including the patch or gum), please stop at least 4 weeks prior to surgery. You should refrain from nicotine products for at least 4 weeks following your surgery as well. Smoking reduces circulation and can therefore result in wound healing impairment.
- Avoid aspirin, ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol and products containing Vitamin E for 1 week prior to as well as following your surgery, as they result in a higher risk of bleeding. If you are taking blood thinners such as Coumadin or Lovenox, your regimen will be coordinated with your Coumadin Clinic and medical physicians.
- You have received prescriptions for \_\_\_\_\_ as a post-operative antibiotic and \_\_\_\_\_ for post-operative pain relief. Please fill these prescriptions prior to your surgical date.
- Please purchase 4x4 gauze sponges from your local pharmacy prior to your surgery, as you will need them for post-operative dressing care.
- Please purchase a sports bra or a breast reduction front-closure surgical garment, as you will need to bring it with you to your first post-operative office visit. You may purchase these through [www.drpathy.com](http://www.drpathy.com) and select **Online Products** from the menu bar at the left. Select **Marena**, then **Garment Store** at the top of the new menu bar. The appropriate garment may be found under **Breast Support**. We recommend choosing the Full Coverage Bra with Zipper (**FVNSZ**). Often, patients choose to purchase a second garment for ease of cleaning and wear.
- Do not eat or drink anything starting at midnight on the night before your surgery. If discussed at your pre-operative visit, you may be able to take selected medications with a sip of water on the morning of your surgery.
- Wear a large, front-closure shirt to the hospital on the morning of your surgery.
- Other:

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Please contact us with any additional questions or concerns.