Breast Reduction *Prep Checklist*

Your at-home checklist, organized by timeline. ★ marks the things nearly every patient is grateful to have. "Ask surgeon" items depend on your surgeon's preferences, so check first.

Days 1–3
Sore, swollen and tired. You may have drains. Sleep propped up on your back.

Week 1
Drain care if you have them, short walks, front-closure clothing.

Weeks 2–3
Drains are usually out. Many return to desk work.

Weeks 4–6
Gradual return to exercise when cleared.

Months 3–12
Scar season. Sun protection and any scar care your surgeon approves.

Four weeks before

- [ ] Step counter
- [ ] Unflavored protein powder
- [ ] Freezer meal containers
- [ ] Arnica tablets ASK SURGEON

The week before: set up your home

- [ ] Bed wedge pillow ★
- [ ] Backrest reading pillow
- [ ] Overbed table
- [ ] Grabber tool ★
- [ ] Extra-long phone charging cable ★
- [ ] Weekly pill organizer ★
- [ ] Digital thermometer ★
- [ ] Handheld shower head ★
- [ ] Shower chair

Your surgery bag

- [ ] Zip-front hoodie ★
- [ ] Button-front pajamas ★
- [ ] Slip-on slippers ★
- [ ] Rich lip balm ★
- [ ] Ginger chews

Week one at home

- [ ] Front-closure surgical bra ASK SURGEON
- [ ] Drain holder belt ★
- [ ] Shower drain lanyard ★
- [ ] Non-stick gauze pads ★
- [ ] Paper medical tape ★
- [ ] Disposable underpads
- [ ] Nitrile gloves
- [ ] Ready-to-drink protein shakes ★
- [ ] Insulated tumbler with straw ★
- [ ] Stool softener ASK SURGEON
- [ ] No-rinse bathing wipes ★
- [ ] Dry shampoo

Weeks two to six

- [ ] Soft recovery bra ASK SURGEON
- [ ] Adhesive remover wipes
- [ ] Soft robe
- [ ] Wide-leg lounge pants ★
- [ ] Silk pillowcase

Scar season

- [ ] Silicone scar sheets ASK SURGEON
- [ ] Silicone scar gel ASK SURGEON
- [ ] Mineral sunscreen SPF 30+ ★

Talking with *your surgeon*

Questions many breast reduction patients ask, with room for the answers. Your surgeon's written instructions replace anything on this page.

Will I have drains? How do I record output, and when will they come out?

What bra should I wear, and for how long?

Is my surgery being submitted to insurance, and what documentation do you need from me?

When can I shower?

When can I return to work, lifting and exercise?

When to call your surgeon

- One breast that suddenly swells, hardens or becomes much more painful than the other
- Skin or a nipple that turns dark, gray or black
- A fever of 101°F (38.3°C) or higher, or chills
- Redness, warmth or hardness that is spreading, or drainage that is cloudy or smells bad
- Pain that suddenly gets worse instead of slowly better, or is not controlled by your prescribed plan
- Bleeding that soaks through your dressing
- Calf pain, warmth or swelling in one leg
- Chest pain, shortness of breath, or coughing up blood: call 911 right away

Surgery date _____

Office phone _____

After-hours number _____

First follow-up _____

MY SURGEON'S INSTRUCTIONS