

Breast Reduction

Pre-Operative Instruction

Items to purchase before surgery:

Bra – We recommend a sports bra with a wide band. One that snaps or velcros in the front for comfort and ease. These come in your chest width around so purchase the same size you currently wear. If the bra your looking at has a cup size, purchase the C/D cup.

(We have found that Walmart and Meijers have the best pricing) Bestform Sport (Low Impact Series) EASY TO LIVE IN, cotton/spandex with double layered front for added support and convenient front closure.

Gauze or Light Day napkins to cover incisions and absorb drainage.

Hydrogen peroxide and cotton pads to clean your incisions.

Bacitracin antibiotic ointment to coat incisions – We do not recommend using Neosporin or triple antibiotic ointment.

If you have any questions, please do not hesitate to contact our office at (269) 372-3000