

Grupo CHRISTUS MUGUERZA®

Information about:

Breast Reduction

For International Patients

INDEX

| | |
|--|---|
| About Breast Reduction..... | 3 |
| Characteristics | 3 |
| Surgical Indications | 3 |
| Suggested studies for case examination | 4 |
| Sample schedule | 4 |
| How do I get started..... | 6 |
| Contact information..... | 7 |

Breast Reduction

Breast reduction, or reduction mammoplasty, is a surgical procedure which involves the reduction in the size of breasts by excising fat, skin, and glandular tissue; it may also involve a procedure to counteract drooping of the breasts.

Surgical Indications

- Enlarged breasts (macromastia)
- Back pain, neck pain, shoulder pain, breast pain, and headaches in relation of enlarged breasts.
- Sleeping problems or poor posture resulting from large breasts
- Pigmented bra-strap groove
- Striae (scarlike lines) on the breasts
- Intermittent intertrigo in the submammary region or cleavage area (skin becomes irritated beneath the breasts)
- One breast is much larger than the other
- Restricted physical activity due to the size and weight of your breasts

Suggested studies and indications for case examination

Radiological Results:

Mammogram is mandatory for patients aged 40 years and older.

Mammography in those younger than screening age, especially in their teens, is not indicated unless a family history of breast cancer exists.

In patients over 40 yr:

Chest x ray

EKG

*Preoperative studies no more than 4 months old

History and Physical Medical Records

- Medical History completed by patient (Medical Questionnaire)
- With actual medication (complete type and dose)

Which characteristics discard the patient or makes it high risk patient (cases where additional or special care or procedures will be needed):

Patient discarded by having: current or recent lactation (appropriate interval before scheduling a reduction mammoplasty is at least 9 mo), unevaluated breast masses or unevaluated mammographic findings, inappropriate psychiatric evaluation.

High risk patient by having: Cardiovascular or respiratory diseases, patients who smoke or have diabetes, hypertension, extreme obesity, or asthma have significantly higher complication rates.

Criteria for Postponement of Procedure:

- Skin infection, fever or respiratory diseases

Preop tests required:

Complete Blood Count (CBC)
 Prothrombin time (PT)
 Partial thromboplastin time (PTT)
 Biochemical profile 17

Instructions before procedure:

- 1) Stop taking aspirin and ibuprofen products 14 days before your surgery and for at least 2 days after your surgery, unless otherwise directed. These products thin your blood and may increase bleeding. Other blood thinning products to avoid are: vitamin E, ginkgo Biloba, garlic supplements, St. John's Wort.
- 2) Continue to take your prescribed medications unless otherwise advised by your surgeon.
- 3) You will be instructed not to eat anything after midnight.
- 4) Shower the night before and the morning of surgery with antibacterial soap or others prescribed by your surgeon. Take special care to wash your chest and underarms. Do not apply deodorant, powder, or lotion.
- 5) If you smoke, plan to quit at least one to two weeks before your surgery and not to resume for at least two weeks after your surgery.

Sample Schedule

Length of Examination: 2-3 hours, Outpatient Procedure

Sample Schedule:

(3 nights stay at hotel)

| | | |
|------------|-------|---|
| Day 1 - AM | | Departure |
| | 12PM | Arrival to Monterrey |
| | 5PM | Consultation with plastic surgeon at his office |
| | 6PM | Pre op studies at Christus Muguerza Alta Esp. |
| | 7PM | Studies are left at plastic surgeon's office; confirmation of procedure by phone or in person; hotel stay |
| Day 2 - | 10AM | Procedure takes place; hospital discharge after recovering from anesthesia, hotel stay |
| Day 3 | AM/PM | Post surgery hotel stay |
| Day 4 | AM/PM | Consultation with Plastic surgeon at his office |
| | PM | Patient may depart if cleared by the doctor |

Standard Discharge Instructions

- 1) The healing process after breast reduction surgery varies with each person. You should expect to feel tired for the first 2-3 weeks due to anesthesia and the healing process. Rest often during the day and get a good nights sleep.
- 2) Wear your bra 24 hours a day for 6 weeks after surgery. You may remove the bra to shower or for washing. After 6 weeks, you may wear any bra you want, as long as it has no underwire. Do not buy underwire bras for 3 months from the day of surgery.
- 3) Prepare foods high in protein such as meat, poultry, fish, and eggs. Eating more protein will help you heal at a faster rate, as will adding dark green vegetables.
- 4) With any surgery there is some discomfort or pain. We will prescribe pain medication, usually an anti-inflammatory. Take the prescribed oral pain medication and/or antibiotics as your doctor says.
- 5) Don't take the pain medication on an empty stomach, as this will produce nausea and vomiting. You do not have to take the pain medicine if you are not in pain, but you must take all of your antibiotics.
- 6) Shooting pain and burning sensations are normal and will subside as you heal. Breast swelling is normal, as is mild bruising. Expect to have some pink, red, or clear drainage from your incisions for the first 1-2 weeks. Continue to use gauze dressings until the drainage is gone.
- 7) Some areas of your abdomen will feel numb or have diminished sensation. Normal sensation will return gradually over several months, but some diminished feeling may last indefinitely.
- 8) Spitting sutures: Occasionally an area of redness and tenderness develops where a dissolving stitch becomes irritated and pushes to the surface. This stitch is clear or white and looks like fish line. If this occurs, it is not an emergency. Contact your surgeon for questions.
- 9) Your breasts will take about 6 months to acquire their new shape.
- 10) You will be asked to limit the use of your arms for several weeks after surgery. This can be a problem when trying to get out of bed. The following suggestions help you get out of bed with minimal use of your arms:
 - a) When in bed, pull your knees up towards your chest and tip to the side, gently rolling out of bed. Take care not to roll onto your breasts.
 - b) Create a nest of pillows. Having many pillows to prop you in a semi-upright position helps give you that extra boost to get out of bed.
 - c) Have someone put gentle pressure to your lower shoulder blades as you sit up. This gives you the extra power you need to get to your feet.
- 11) Showering and bathing: if you have breast drains, the nurses usually remove them within the first 3 days following surgery. You may shower the day after drain removal (or as directed by your doctor). Do wash by gently touching your.
- 12) If you have taping under your breast, leave that in place until your appointment with the doctor in 2 weeks. You will continue to tape for 6 weeks following surgery.
- 13) Do not shower if you have had a Free Nipple Graft. Your dressing must stay dry and in place until you see your doctor, usually in 7-9 days. Be sure to have someone nearby when taking your first shower in case you feel dizzy.
- 14) Other Instructions for the next 6 weeks:
 - a) Do not drive a motor vehicle for 5-7 days or until you can handle the steering wheel without discomfort. You will be able to wear a seat belt if you place a small pillow over your chest area.
 - b) Do not engage in sexual activity for at least 1 week.

- c) Do not smoke or be around anyone who smokes for 2 weeks. Smoking delays healing and can lead to infection.
- d) Do not lift more than 5 lbs. or bend at the waist to lift for 6 weeks.
- e) Do not participate in strenuous activities such as running or aerobics for 6 weeks.
- f) Do not tan at the incision lines for at least 6 months.
- g) Do resume walking at a gentle pace.
- h) You may return to work in 1-6 weeks (average time is 3 weeks) depending upon your work activity.
- i) Do report signs of infection: a temperature over 100°F, redness at the incision line that is beginning to spread away from the incision after the first 48 hours, yellow pus-like or foul smelling drainage larger than dime size from the incision or drain sites, increased pain/discomfort that is not relieved by your pain medicine.
Also report if pain and swelling in one breast is much greater than the other.

Follow-up Protocol from Remote Provider:

- The patient will be able to call the remote provider to answer any questions.
- Make sure the local plastic surgeon writes a confirmation email to the remote provider about the patient's progress.

How do I get started?

1. Choose your surgeon, package and preferred travel dates. Please contact us if you need any additional information.
2. Fill out the **Medical Questionnaire** and the **Contact Information**
3. You can send them to us by:
 - Email internationalpatients@christusmuguerza.com.mx
 - Fax: +52 81 8155 5151 to Medical Travel Department
 - Mail to the following address:

CHRISTUS MUGUERZA MEDICAL TRAVEL
*Carretera Nacional 6501 Col. La Estanzuela
Monterrey, NL, Mexico CP. 64988*
4. Please let us know:
 - a) if you have any pictures, tests or studies relevant to your condition
 - b) the physician you selected and
 - c) the date(s) you would prefer to have your procedure done
5. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
6. One of our CSRs (Customer Service Representatives) will contact you to let you know the final review of your case, program a conference call with the surgeon if needed, inform you about travel arrangements and visas, and answer any additional doubts you may have.
7. Make payment and confirm
8. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
9. Your assigned representative will confirm consultation and surgery dates and coordinate with you to make all travel arrangements

Contact Information



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