

GETTING READY FOR BREAST ENHANCEMENT SURGERY

What to expect - You can expect to have soreness, swelling and bruising for several weeks .

6 WEEKS BEFORE SURGERY

Your surgeon may request you abstain from smoking and all tobacco products 6 weeks before and 6 weeks afterward. Failure to abstain from tobacco may result in your surgery being postponed or canceled as this complicates the healing process.

2 WEEKS BEFORE SURGERY

Medications - Discontinue Aspirin and Aspirin-like products, Ibuprofen (Motrin), Naprosyn (Aleve), Vitamin E tablets and certain herbs like Ginko Bilolba, St. John's Wort, Ephedra. If you have concerns with other herbs or vitamin restrictions, please phone our office. You may take Tylenol (Acetaminophen) for pain relief at any time. **Surgeons fees** are due at this time.

BEFORE SURGERY

Diet - Do not eat or drink after midnight the evening before surgery, unless otherwise directed by the anesthesiologist.

Hospital Fees - Hospital fees are paid the day of surgery unless otherwise instructed by your surgeons office.

POST-OPERATIVE INSTRUCTIONS

FIRST 24-48 HOURS AFTER SURGERY

- Your greatest discomfort will occur the first 24-48 hours following surgery. During this time, take all medication as prescribed. It is helpful to take pain medication with crackers or toast to avoid nausea which may occur if taken on an empty stomach. Also, if you are given additional prescriptive medication by your surgeon, please take as directed.

MEDICATION

- Take all medications as directed.
- Avoid Aspirin products for 2 weeks following surgery. Tylenol (Acetaminophen) can be taken, but limit Acetaminophen use to 4 gm (4000mg) in a 24 hour period.

DIET

- Eat or drink easily digested foods such as Jell-O, ginger ale, canned soups, etc. These are usually tolerated well during the first 24 hours following surgery. If you are not nauseous, you may resume your normal diet.
- Drink plenty of fluids and eat fruit and high fiber foods to avoid constipation.

HYGIENE

- You may shower 24 hours after surgery. Do not remove the Steri-strips over the incisions. The Steri-strips are fairly water-resistant and usually stay in place well until the first post-op visit. If Steri-strips happen to come off on their own, do not worry. Just clean the area with hydrogen peroxide and replace them as needed.
- Have someone assist you when bathing while you are taking pain medication.

ACTIVITY

- Continue to wear the bra placed on you at all times for 2 - 3 weeks. After that time, continue to wear a bra during the day although you do not have to sleep in it.
- Do not wear an underwire bra for at least 6 weeks.
- You may refrain from working 2 -3 days afterward or until the soreness has subsided. This is especially important if your job requires lifting or vigorous activity.
- Limit you arm usage to routine daily functions such as brushing your teeth, eating and combing or shampooing your hair. Avoid vigorous arm motion that requires pushing, pulling and lifting heavy objects.
- Driving: If you have not taken pain medication for 24 hours you may drive, preferably an automatic transmission 4-5 days after surgery. If it hurts, don't drive. Always use caution and good judgment in these matters.
- Sleeping: Avoid sleeping on your abdomen until all soreness has subsided. You may find greater comfort sleeping on 2-3 pillows.
- Do not smoke for 6 weeks as smoking retards the healing process.

WOUND CARE

- Do not remove the Steri-strips over the incisions.
- As you heal and soreness subsides, let pain be the limiting factor in your activity. If it hurts, don't do it.

- Check with your surgeon before you resume jogging, aerobics, or any vigorous exercise. General routine activities can be resumed 3 weeks following surgery.

NOTIFY YOUR DOCTOR IF

Rarely are there major complications following breast surgery, but you should contact our office if you have the following:

- A fever of 101 degrees or more, which lasts for 24 hours or longer.
- Excessive swelling in one or both breasts, redness or warmth of incisions or hardness.
- Severe pain not responding to the prescribed pain medication.
- Thick odorous drainage or bleeding that doesn't subside.

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