

AUGMENTATION MAMMOPLASTY INSTRUCTIONS

BEFORE SURGERY

1. You may purchase a comfortable stretch bra, one with a front clasp and without an underwire. One will be provided to you the day of surgery.
2. If you smoke cigarettes, we would like you to quit altogether. However, it is at least imperative for your operation that you stop smoking 2 weeks before surgery. This will promote wound healing and help prevent problems related to the vasculitis caused by the nicotine in the cigarettes. Do not use Nicorette gum as therapy to help you quit.
3. Report any signs of a cold, infection, boils or pustules appearing 3 weeks before surgery.
4. Arrange for someone to drive you to your home or hotel after surgery. If you prefer, we can help make arrangements for your stay at post-op care facility, or even arrange for a private nurse. Generally, very little care is needed other than to have someone

DAY OF SURGERY

1. Do not take medication of any kind unless instructed by your physician.
2. **Nothing to eat or drink after midnight before surgery.** You can brush your teeth. If your surgery is scheduled later in the day, We will advise you about eating (generally nothing to eat or drink 6 hours before surgery).
3. Leave valuable at home – this includes money, jewelry, handbags and watches.
4. Wear comfortable shoes, loose fitting clothes which do not have to be put over the head. Something that buttons or zippers in the front is easiest.
5. You must have someone to drive you after surgery. On arrival to the office, give the front office your driver's name and phone number, as well as the address and phone number where you will be the night of surgery.
6. You must have someone spend the first day with you. Additional instructions and prescriptions can be given to the person calling for you. Such prescriptions should be filled promptly.
7. Shower with an anti-bacterial soap the night before surgery and the morning of surgery.
8. If you have any questions before your surgery, please call our office.

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AFTER THE SURGERY

1. Take medications according to the instruction on the bottle. If pain medications make you feel drowsy, have someone else give your medicines according to the proper time intervals. Under such circumstances, you could forget and take them too often. It is not unusual to be nauseated after taking your medications. Try to get a little food in your system before taking your medications. If nausea or vomiting persists, stop all medications until you feel better, then try some crackers or toast when you feel better.
2. Do not self-medicate with your own painkillers, sleeping pills, muscle relaxants or narcotics. Only take those medications prescribed by your treating physician after surgery. Self-medicating could lead to drug toxicity or death.
3. Rest and relax after surgery. You may sit or lie on your back or on either side. You may get up for the bathroom and for meals. Minimize vigorous arm movements. You may slowly raise your arms above the shoulders as needed. Passive sexual activity may be resumed on the second day but no vigorous activity for at least 3 weeks. If you have little kids, pick them up if and when it is comfortable. Listen to your body, use common sense.
4. Avoid smoking for 2 weeks after surgery. This should improve wound healing and limit scarring.
5. No alcohol 5 days after surgery.
6. You may shower or bathe the day after surgery. Otherwise, the bra is to be worn day and night for three weeks, and a majority of the time for 3 weeks after. It is alright to remove it periodically for a breather, but it is important to realize that the breasts should remain as still as possible to maximize the healing effort.
7. On the day of your shower remove your bra. Next you will see the steri-strips (paper surgical tapes) which are over the sutures. Leave them in place. It is okay to get them wet. It is very unlikely that they will come off. When you're through, simply put the bra back on.
8. Avoid prolonged exposure to sun and heat for 3 weeks. Though you may return to work as soon as 3 to 4 days after surgery and your normal daily functions are not limited, avoid vigorous physical activity (ex: jogging, tennis, swimming, aerobics, etc) for three weeks. After the first week, some light stretching exercises are permitted. At the end of the second week a light work out on a stationary bike may be permitted, but do not get overheated and avoid motion of the breast.
9. Your doctor will teach you massage techniques. These will help promote healing without a constricting fibrous capsule. Usually, the tissue reaction around the implant is completed by the end of three months although the tissues continue to mature for up to a year. Your doctor will instruct you on how long to continue massaging.
10. Do not apply ice directly to the breasts.

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11. Get up slowly, especially the first day or two after surgery. You may get dizzy and even faint if you get up to quickly. If you're up and start to feel light headed or nauseated, lie down. This usually occurs because of a drop in your blood pressure. Lying down will make you feel better, especially if you bend your knees.
12. Not everyone recovers at the same rate. Some feel good right away, others may feel run down or even a little depressed. You might even feel good, go back to work and then find yourself a little worn out later on. Listen to your body. Don't push yourself. Get plenty of rest and let your body heal itself.
13. Steri-strips are generally removed 3 weeks after surgery.
14. Office visits will be determined by your doctor according to your needs.

YOU CAN EXPECT

- A. You can expect to feel moderate discomfort over 3 to 4 days, up to 2 weeks if implants are under the muscle. Generally, your chest feels as though someone is sitting on you.
- B. Moderate swelling and occasional bruising-your breasts may look too big at first, and with time the tissue settle down, stretches and relaxes.
- C. Slight tenderness can persist for weeks to months.
- D. Initial firmness of the breast (mostly due to swelling) which will subside, feel and look more normal over the next few days.
- E. There may be changes in sensations, this is usually temporary.
- F. There may be swishing or squishing sounds in the breast, this is normal and comes from the fluid and air that may be around the implant. It goes away within days and sometimes may drift down between the tissues onto your abdomen.
- G. There may be a little more swelling on one side than the other, especially if you tend to sleep or rest on your side.

CALL 760-837-0364 IF YOU HAVE:

- Severe pain not responding to medication.
- Marked swelling, or obviously much more swelling on one side than the other.
- If any other questions or problems arise.

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