

PREPARATIONS FOR YOUR BREAST AUGMENTATION SURGERY

TWO WEEKS BEFORE YOUR SURGERY

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. If you are diabetic or taking a blood thinner medication, you will be given special instructions regarding how to manage your medications. Products containing aspirin should not be taken 2 weeks before or after your surgery (see medication advice information sheet). If you have been prescribed a blood thinning medication or aspirin, please consult your prescribing physician before stopping them for surgery. **DO NOT STOP ASPIRIN IF YOU HAVE A STENT IN PLACE.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my office of any homeopathic remedies you are taking prior to your surgery.

Fill your prescriptions before your surgery. Don't bring them to surgery.

Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery and 4 weeks after surgery (this includes the use of smokeless tobacco products, and nicotine patches or gum).

THE EVENING BEFORE YOUR SURGERY

- Get a good night's rest.
- Make some jello and/or soup for after your surgery.
- You will be provided with anti-bacterial surgical wash to use the night before surgery. Armpits, groin, and surgical area need to be washed, rinsed thoroughly, and dried.
- Do not eat or drink anything after midnight the night before surgery.

MORNING OF SURGERY

Use the anti-bacterial surgical wash provided to you the morning of your surgery. Armpits, groin, and surgical area need to be washed, rinsed thoroughly, and dried.

Do not wear contact lenses, hairpieces or hairpins. Do not bring personal valuables such as jewelry. Wear loose comfortable clothing, preferably a button or zip up top and loose pants, and comfortable shoes.

Please be sure someone can drive you home and stay with you for 24 hours. You will not be allowed to drive yourself home.

Prior to surgery:

- No smoking or nicotine patches for 4 weeks before and 4 weeks after surgery.
- Have your labs drawn at an OSU lab. The order has been placed in the computer.
- Fill your prescriptions before your surgery. Don't bring them to surgery.
- Remember to wash your surgical area with the soap we have provided you with today. Wash breast, armpit, & groin area thoroughly & rinse well. Use this the evening before & morning of your surgery.
- Nothing to eat or drink after midnight the night before surgery.
- No jewelry, nail polish, lotion or creams.
- You must have a driver to take you home from your surgery.

After surgery:

- Take deep breaths frequently after surgery. 4-5 every commercial break on TV or 10 x's an hour.
- Eat a high protein, low salt diet.
- Drink at least 4-8 ounces of fluid an hour while awake. Water, Gatorade, tea, and low sugar juices are recommended.
- Get up and move. Walking is encouraged, at least 5 x's a day. Bathroom, kitchen, etc.
- Do not do anything that hurts.
- Do not reach with your arms.
- No heavy lifting or strenuous activity until cleared by the doctor.
- Your recovery will take approximately 6 weeks.
- You can shower the next day or wait until day 2 if you prefer.
- Your incisions will be closed using dissolvable stitches and Derma bond surgical glue.
- Showers are ok, no bathing immersed in water.
- Dr. Janis will see you 1 week after surgery then scheduled accordingly as discussed today.
- You will need to wear your post-op surgical bra. Wear supportive bra 24 hrs. a day. You can take it off to wash it then put it back on immediately afterwards. You can wear another front closure sports bra while washing the surgical bra.
- The swelling gets worse for 4-5 days, then it begins to resolve. You may have swelling for up to 6 weeks. Bruising "blossoms" for about 3 days.
- Take your medications as prescribed. Use narcotic pain medication if needed. Pain pills can be nauseating; take them with some crackers or toast. Once prescription medications (ie. Celebrex, Gabapentin and/or Oxycodone) are complete, you can start taking over the counter pain medications (Ibuprofen/Advil, Acetaminophen/Tylenol or Aleve). NO ASPIRIN.
- Take a stool softener or laxative as needed to prevent constipation.
- You cannot drive or operate machinery while taking pain medication.

If you have severe nausea & vomit, have a temp 101 or higher, increased swelling, redness, increased drainage, drainage with an odor, opening of the incision or overall not feeling well notify Dr. Janis by calling the office 614-293-8566. If it is after office hours the Physician OnCall will be notified. If you feel it is an emergency, go to the nearest ER or call 911.