

PREPARATIONS FOR YOUR BREAST SURGERY

****Smoking will affect how you heal. It is very important to abstain from smoking for at least 6 weeks before and after surgery, (this includes use of smokeless tobacco products, e-cigarettes and nicotine patches or gum, as well as second-hand smoke being around others using nicotine products). ****

TWO WEEKS PRIOR TO SURGERY:

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery.

Please read over the enclosed medication information listed. Please let the office know if you are taking any of the listed medications. If you are diabetic or on blood thinner medication, you will be given special instructions regarding how to manage these medications. **Aspirin-containing products should not be taken 2 weeks before or after your surgery.** Tylenol is an acceptable medicine to take for any ache/pain prior to your surgery. GLP1 medications **should not be taken 2 weeks before or after surgery.** Please let us know if you are taking any homeopathic remedies (list attached).

You should have a telehealth or in person visit with the anesthesia nurses to review your medical history and medications prior to surgery. If you do not see an appointment scheduled for you, please let us know as this needs to be completed to move forward with surgery as planned.

If you experience any cold/flu symptoms, facial sores, or any illnesses prior to surgery please contact the office to notify us. You can call 614-293-8566 or send a mychart message to Dr. Janis.

Your post-op medication regiment should have been sent during your pre-op visit or the week before surgery to your pharmacy on file. Please have these medications filled prior to the day of surgery. If you have not received any post-op medications/instructions, please reach out to the office.

THE EVENING BEFORE SURGERY:

Wash with the CHG scrubs provided to you at your pre-op visit. Scrub from your neck down avoiding your genitals, let the suds sit for 1-2 minutes and then rinse. Pat dry. It is important to avoid any perfume, lotions, deodorant, topical medications and/or makeup after you are dry.

Do not eat or drink anything after 11pm. Get a good night rest. Make sure your post-op medications are near-by where you will be recovering.

MORNING OF SURGERY:

Wash with the CHG scrubs provided to you at your pre-op visit. Scrub from your neck down avoiding your genitals, let the suds sit for 1-2 minutes and then rinse. Pat dry. It is important to avoid any perfume, lotions, deodorant, topical medications and/or makeup after you are dry.

Take only medications approved by Dr. Janis and Anesthesia with small sips of water.

Do not wear contact lenses, make-up, hairpieces or hairpins, no nail polish, do not bring personal valuables such as jewelry or cash. Wear loose comfortable clothing; preferably button up or zip up top (nothing tops that slip over your head), loose comfortable pants, slip-on shoes.

Be sure to have someone who can drive you home and stay with you for the first 24 hours. You will not be allowed to drive yourself home. You will have driving restrictions if you have drains in place and/or taking narcotic pain medications.

POST-OP INSTRUCTIONS:

You will have numbness after surgery. This will be followed by abnormal sensations that mean you are getting your feeling back. Bruising "blossoms" for about 3 days. Swelling is to be expected, usually gets worse around 4-5 days post-op and then begins to resolve.

Your incisions are closed with dissolvable stitches and covered with Sylke tape. You can shower after 24 hours with warm soapy water running over your incisions, avoid scrubbing the incisions, pat dry, put your surgical bra back on. Do not submerge in water (tubs, pools, hot tubs for 6 weeks). Surgical bra should be worn 24/7 except when showering or when it needs to be washed.

Sleep with your head elevated up on many pillows or in a recliner. Take frequent deep breaths after surgery. Eat a high protein, low salt diet. Drink at least 4-8 ounces of fluid an hour while awake (water, Gatorade, tea, low sugar juices are recommended). Get up and walk around at least 5x a day. This is walking to the bathroom, kitchen, etc, it does not need to be long walks. Do not do anything that hurts. Take your post-op medications as prescribed to you.

Dr. Janis will see you around 1 week post op. We will be able to tell your results at your 3-month post-op visit. If you still have a drain/dressing in place at 3-weeks post-op, please reach out to the office.

If you have severe nausea and vomiting, temperature of 101 or higher, increasing swelling, increasing drainage, redness, warmth to the touch around your surgical area, drainage with an odor, opening of the incision or over-all not feeling well please reach out to Dr. Janis by calling 614-293-8566 or sending a Mychart message (attach a photo if appropriate). If it is after 4pm, a weekend or holiday, Mychart messages will not be answered until the next business day, please call the number provided and select the on-call option.

ACTIVITY RESTRICTIONS:

Will be in place for 6 weeks from the date of surgery and released during your 6-week post-op visit if appropriate.

No lifting/pushing/pulling more than 5lbs. No activities that increase heart rate and/or blood pressure, or place tensions on your incisions. No formal exercise. Do not do it if it hurts.

Please fax any paperwork regarding time off work or FMLA to 614-293-3381 or you can attach a pdf file in a Mychart message to Dr. Janis.

PLEASE NOTIFY THE PHYSICIAN IF YOU ARE TAKING ANY VITAMINS, HERBAL MEDICATIONS, OR NATURAL SUPPLEMENTS AS THESE CAN ALSO CAUSE PROBLEMS DURING YOUR SURGERY AND SHOULD NOT BE TAKEN FOR THE TWO WEEK PERIOD PRIOR TO YOUR SURGERY.

Medication Information

Section 1:

The following drugs either contain aspirin and/or have undesirable side effects that may affect your surgery (abnormal bleeding and bruising). These drugs should be avoided for at least two weeks prior to surgery. If you need to take something for relief of minor pain, you may take Tylenol.

A.P.C. (Acetaminophen)	Buffinol	Goody's
A.S.A. (Aspirin)	Butazolidin	Ibuprofen
A.S.A. Enseals	Cama Arthritis Pain Reliever	Indocin
Advil	Carisoprodol	Indomethacin
Aleve	Clinoril	Lanorinal
Alka-Seltzer	Congespirin Chewable	Lioresal
Alka Seltzer Plus	Cope Tablets	Lortab
Anacin	Damason P	Magan
Anaprox	Darvon (all compounds)	Magsal
Ansaid	Disalcid	Marnal
Argesic	Dolobid	Marplan
Arthritis Pain Formula	Dolprin	Medomen
Arthritis Strength Bufferin	Easprin	Methocarbamol with Aspirin
Arthropan liquid	Ecotrin	Micrainin
Ascriptin (all types/brands)	Empirin with Codeine	Midol
Asperbuf	Endep	Mobidin
Aspergum	Equagesic Tablets	Mobigesic
Aspirin (all types/brands)	Etrafon	Momentum Muscular
Atromid	Excedrin	Motrin
Axotal	Feldene	Nalfon
B.C. Tablets & Powder	Fiorinal	Naprosyn
Backache Formula	Fish Oil	Naproxen
BayerChildren's Cold Tablets	Flagyl	Nardil
Buf-Tabs	Four Way Cold Tablets	Nicobid
Buff-A Comp	Gemnisin	Norgesic
Bufferin (all formulas)	Ginseng (all types/brands)	Norgesic Forte
Buffets II	Gleprin	Nuprin

Orudis
Pabalate-SF
Pamelor
Parnate
Pepto-Bismol (all types)
Percodan
Persantine
Phentermine
Phenylbutazone
Ponstel
Propoxyphene Compound
Robaxisal
Rufen
S-A-C(Acetaminophen-
Salicylamid-Caff)
Saleto
Salocol
Sine-Aid/Sine-Off/Sinutab
SK-65 Compound
St. Joseph's Cold Tablets
St. John's Wort (all types)
Sulindac
Synalgos
Tagamet
Talwin Compound
Tenuate Dospan
Tolectin
Tolmetin
Toradol
Triaminicin
Trigesic
Trilisate Tablets & Liquids
Uracel
Vanquish
Verin
Vitamin C (>1000mg/day)
Vitamin E (>600mg/day)
Voltaren
Zorprin

Section 2:

The drugs listed below can have undesirable side effects that may affect your anesthesia or surgery. Please let us know if you are currently taking any of these medications:

Achromycin	Imipramine HCL	Sinequan
Adapin	Isocarboxazid	Sumycin
Amitriptyline HCL/MCL	Limbitrol	Surmontil
Amoxapine	Ludiomil	Tetracycline
Anafranil	Maprotiline HCL	Tofranil
Asendin	Matulane	Tranlycypromine
Aventyl	Medipren	Tri-Cyclen
Carbamazepine	Mysteclin-F	Triavil
Co-Tylenol	Norpramin	Trimipramine
maleate		
Comtrex	Nortriptyline HCL	Vibramycin
Desipramine HCL	Novahistine	Vivactil
Desyrel	Omade	Wellbutrin
Dilantin	Perphenazine	Zoloft
Doxepin HCL	Phenelzine sulfate	Zomax
Elavil	Procarbazine HCL	Zovirax
Extrafon	Protriptyline HCL	
Flexeril	Prozac	

Section 3:

The following foods contain salicylates, which affect blood clotting. They do not need to be omitted completely from your diet, but should be kept to a minimum for two weeks prior to your surgery:

Almonds	Grapes	Plums
Apricots	Grape juice	Prunes
Berries	Jellies/preserves	Raisins
Cherries	Nectarines	Tomatoes
Cucumbers	Oranges	Tomato products
Currants	Peaches	Vinegar
Curry	Pickles	Wine