

***Breast Surgery: Augmentation Mammoplasty, Mastopexy***

**PREOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY**

Have your prescriptions filled.

Do not take Aspirin, Anaproxin, Ibuprofen, herbs or vitamins for two weeks before or after your surgery. These products may cause bleeding and bruising. You may take Tylenol.

If you take any other medication daily, please notify the Doctor.

We recommend that Vitamin E (800 u) be started daily 2 weeks after Surgery and continued for at least one year following.

**DAY BEFORE SURGERY**

1. Do not eat or drink anything after midnight the night before surgery.
2. The night before surgery, shower with Technicare soap.

**DAY OF SURGERY**

1. You may brush your teeth and rinse your mouth but do not eat or drink anything.
2. Repeat your Technicare shower and shave your underarms the morning before surgery.
3. Wear no make-up.
4. Do not bring any jewelry or valuables.
5. Prior to surgery, remove contacts or glasses and notify the nurse if you have dentures.
6. Wear comfortable clothes that do not have to be put on over your head. Wear flat shoes.
7. Someone must drive you to and from the Surgery Center. Also, someone must stay with you the first night.
8. Bring a bra with you. The bra should be the size you discussed with the Doctor. The bra should have no underwire. (Augmentation patients only.)

**POSTOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY**

1. You should begin taking sips of liquids such as water, Coke, or 7-Up as soon as possible after your surgery. You may progress to a regular diet as you tolerate it. Avoid greasy or spicy foods for the first 24 hours as they may cause nausea.

2. You may expect some discomfort for several days following surgery. A prescription for pain medication will be provided. Take the pain medication only if you need it and never take it on an empty stomach. Occasionally one breast will be more sensitive than the other. This is normal and should not alarm you. Discomfort may be worse following strenuous activity.
3. Leave the bra and dressing in place for the first 48 hours after surgery. After that you may remove your bra and the gauze dressings. Leave the small tapes over the incision in place. You should wash your incisions gently with soap and water and pat them dry. The bra should be put back on immediately after bathing. A gauze pad should be placed in your bra to protect the incision until it is well healed. After the first dressing change you should continue wearing the bra at all times, except bathing, for one month. You may shampoo your hair in the shower after the first Dressing change.
4. Wear bandeau as directed.
5. You may expect some swelling and bruising of the chest. Ice packs should be used during the first 24-36 hours after surgery to minimize these symptoms. The swelling and bruising usually resolves in about a week. You may also notice either numbness or hypersensitivity of the area around your incision. This is normal but may take several weeks to resolve.
6. After 10 days you may resume most of your normal activities. Strenuous activities, such as golf, tennis or swimming may be resumed in about Three weeks. If you have a question about a particular activity, check with the Doctor.
7. Things to report to the Doctor:
  - oral temperature over 101° degrees
  - severe pain not controlled by the pain medication
  - swelling or hardness especially when greater on one side than the other
  - bleeding or drainage that saturates your dressing
  - nausea and vomiting