

PREOPERATIVE BREAST AUGMENTATION SURGERY INSTRUCTIONS

Our office wants to provide you with the very best surgical care. You can help to minimize the risk of complications by carefully reading and following your preoperative and postoperative instructions. Please ask us to clarify any item about which you have questions.

1. **START YOUR PREOPERATIVE ANTIBIOTIC 24 HOURS PRIOR TO YOUR SURGERY.**
2. **SHOWER THE DAY OF YOUR SURGERY and be sure to wash the breast and chest area thoroughly with soap and water many times prior to coming in for your surgery. Be sure to especially wash below the breast in the breast fold where your incision will be made.**
3. **Do Not Take ASPIRIN** (Anacin, Bufferin, or Baby Aspirin), **IBUPROFEN** (Advil, Motrin, or Nuprin), **NAPROXEN** (Aleve) or any other Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) similar to these medications for 10 days before surgery. These medications will promote bleeding and bruising. It is permissible to take acetaminophen (Tylenol or Anacin-3).
4. **Do not Drink Alcohol** for one week prior to surgery. This might cause excessive bleeding.
5. **Do not take decongestants** such as **Sudafed or Actifed** for 5 days before surgery. Do not take appetite suppressants and all herbal remedies, unless specifically approved by your surgeon, for two (2) weeks before surgery.
6. **Do not drive home after your surgery:** Arrange to have someone drive you home from Dr Greenberg's office after the surgery.
7. **Do not wear** unnecessary jewelry or perfume (deodorant is OK), and minimize used of cosmetics (survival rations only).
8. **EAT BEFORE SURGERY:** Avoid whole milk, cream, butter, cheese and other foods that are high in fat content as dietary fat slows digestion and delays stomach emptying. Please minimize caffeine the day of surgery. You are welcome to bring a snack you enjoy for after your procedure is complete. If not one will be provided for you.
9. **Changing your dressing** after surgery is easier if you have someone to help you.
10. Bring loose clothing because you will have bigger breast size after surgery. **Bring a comfortable Bra to surgery, without under wiring, 100% cotton with a clasp in front (no sports bra) and no elastic. These can be found at Wal-Mart.**

11. **Bring warm socks** to prevent cold toes during surgery. If you tend to get cold hands, you are welcome to bring clean mittens (no leather gloves) to wear during the surgery. The operating room is kept relative warm, about 72° to 75° F.
12. **Do not use moisturizers** or soap that contains moisturizers for at least 2 days before surgery. The ink markers used to outline the areas on your body to be treated will rub-off too easily if you have recently used a moisturizer.
13. **Do not fast or undergo dramatic weight loss** just prior to surgery. All patients should be on a stable, healthy, well balanced diet for at least 2 weeks before surgery. Liquid diets, extreme low calorie diets, and rapid weight loss diets may predispose to cardiac irregularities, surgical complications, poor wound healing.
14. **Music to relax by:** Patients usually enjoy listening to soothing quiet music during surgery. **You are welcome to bring your iPod or mp3 player** with you on the day of surgery.

Day of Surgery

When you arrive on the day of your surgery, please check in at the front desk. Once you are in, you will be taken to one of our exam rooms and a pregnancy test will be performed. Upon the pregnancy test revealing a negative result, you will then be asked to change into a surgical gown. Dr Greenberg will then mark you. After markings he will then take pre-operative photographs at different angles. Next you will be taken to the procedure room where you will lie down on the surgical table and the nurse will explain to you the various positions the physician may require you to assume during the procedure. It usually takes about 30-45 minutes after arrival before the surgery begins.

You will then be given the remainder of your preoperative medications. This includes an oral sedative. When an oral sedative is given to the patient, the local anesthesia tends to be more effective. A patient, who is too sedated though, sometimes will not realize if an area is not anesthetized, and will then end up feeling more pain when the procedure is actually done. In short, minimal sedation actually will help maximize your comfort after the procedure is completed.

For safety reasons you will have a blood pressure cuff on your arm and an oxygen monitor placed on your finger.

Next your chest and breast area will be cleaned with an antiseptic solution and you will be covered with sterile towels and paper drapes. You are now ready to be injected with lidocaine in the areas to be treated, numbing you, and allowing the filtration of the tumescent anesthetic solution to take effect. As soon as the area has been infiltrated with the anesthetic solution, the breast tissue should be completely numb. You may still feel pressure but should not feel pain after the infiltration. Infiltration of the anesthetic solution takes time and can often take as long as the procedure itself.

Breast augmentation is done. You will be sat up after placement and filling of the implants to give your assessment prior to closing the incisions. Remember, your breasts will appear 10-15 % larger at the time of surgery due to the swelling. This needs to be considered.

After the breast augmentation, pads are then placed all over your breasts and chest to absorb any drainage. After the pads are placed your breasts and chest will be wrapped tightly with elastic bandages. You are now ready to go home. You will not feel any soreness for several hours due to the tumescent local anesthesia. Even if you feel well after surgery, you should not drive yourself home. The anesthetic causes drowsiness, so you are not capable to drive.

The effects of the tumescent local anesthesia should last anywhere from 4-12 hours after your surgery. If you feel pain, Tylenol is often enough to treat any discomfort. You will be given a narcotic pain medicine to take if you should need something stronger.