
PREOPERATIVE INSTRUCTIONS

1. Need to quit smoking.
2. No food or drink (including water) for 12 hours prior to surgery.
3. Before coming to the hospital, wash the surgical area with any bath soap. Wear no make-up. Dress comfortably. Women: Do not wear any pantyhose.
4. **IMPORTANT:** no aspirin, ibuprofen products prior to surgery. Remind the doctor of any allergies you have to drugs.
5. Please start antibiotics the day before surgery.
6. Fill your prescriptions prior to surgery. The pain medication and muscle relaxer are for after your surgery to help with discomfort.
7. *Make* arrangements for someone to drive you to the hospital and home.
8. Do *not* operate any vehicle or any other equipment for 24 hours following your surgery.
9. Bring insurance or medical cards on the day of surgery.
10. If your patient is a minor, a parent or guardian **MUST** be present to sign the operative consent the day of surgery.
11. All pre-op tested should be done three weeks prior to your surgery. Check with your family doctor to see if they prefer the pre-op testing at their facility.
12. If you have any questions, please feel free to ask.

POSTOPERATIVE BRA INSTRUCTIONS

The pictures are an example of a bra to wear after breast surgery. Make sure that the circumference size is enough to allow for some padding under the breast on the lines of the incision. Patients having breast surgery should bring their bra the day of surgery and bring it to the operating room.



Some post surgical bras come with convenient multi-position shoulder hook & eye for easy on and off.

Post surgical bras have front opening multi-position hook & eye for easy adjustability with on and off convenience.

Ultimate full coverage with firm support for maximum controlled compression and patient postoperative comfort.

No underwire bras for 3 months.

Breast Band should be worn for 4 weeks and should be worn high (see photo). Implants may be high initially.



A Guide As You Prepare For Breast Augmentation Surgery



Amelia Arianne Pare' M.D.
123 Hidden Valley Road
McMurray, Pa. 15317

Ph: 724-941-8838
Fax: 724-941-8878



How should I prepare for surgery?

Schedule and complete your mammogram as soon as possible if you are over 40 years or have a family history of breast cancer.

Complete all pre-testing and lab work 3 weeks prior to your surgery.

Fill your prescriptions prior to your surgery. These will be taken after the procedure, unless otherwise ordered.

Pain medication is prescribed to alleviate your discomfort. Flexeril, muscle relaxer, may be used every 4-6 hours.

Antibiotics will be prescribed. Take as prescribed and complete. Please alert the physician of any allergies to medications.

You may consider Zofran to prevent nausea. Your insurance may not pay for it. Ask the doctor for a prescription.

If you think you may have difficulty sleeping, Tylenol PM or Advil PM may be used.

You should purchase a white front closure sport bra and bring it with you to the hospital.

If you care for family or pets, please make arrangements to have assistance for the first 7 to 10 days.

You may want to begin taking yogurt with active cultures daily following surgery. Antibiotics can be tough on your digestive system.

It is best to practice getting in and out of bed without placing a great deal of pressure, or pulling on your arms. It is not abnormal for your arms to be sore after surgery.

Comfortable, loose fitting pajamas and clothing that button in the front, rather than pull-over your head, are recommended following surgery.

What should I expect the day of surgery?

The surgery will be performed under general anesthesia. All patients require someone to drive them home after surgery.

It is best for you to rest and take it easy the first night.

You will have an IV in place to ensure that you are receiving adequate fluids until you go home. It is also encouraged that you drink fluids throughout your recovery.

Only a light meal is suggested after surgery to avoid stomach upset.

Swelling and bruising are normal reactions to the healing process. Call the office if you have any concerns of asymmetry of the breasts.

At the hospital, be certain to alert your nurse of pain so that the prescribed pain medication can be administered.

Patient may experience constipation, which may be relieved by Magnesium Citrate which can be purchased over-the-counter in the pharmacy. Patient may also use Metamucil Wafers. If you have any questions, please call our office.

What Should I Expect

The Following Day After Surgery?

You may feel as though you have more energy as the anesthesia wears off.

Again, it will be important for you to take it easy, be sure to alert the nurse of pain and need for medication if indicated.

You will only lift items that are 2-3 pounds or less, such as a small purse, for the first week. You will be asked to refrain from lifting beyond 8 lbs for at least one month.

Salmon colored drainage is normal. Do not remove the tan steri-tape. If it begins to lift from the skin and curl, you may gently trim these loose tape edges.

You can shower after 24 hours. Remove dressing (not steri-strips) prior to showering, and replace with clean gauze. Make sure steri-strips are dry. You may use a hair dryer on a cool setting to dry the steri-strips.

Wear your bra 24/7 and the breast wrap on top of it, if provided.

No swimming or hot tub use for at least 6 weeks. Breasts can not be submerged underwater.

Tanning beds are not recommended.