

## PREOPERATIVE INSTRUCTIONS

1. 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. *All* patients that have IV sedations require someone to drive them home after surgery.
7. Do *not* operate any vehicle or any other equipment for 24 hours following your surgery.
8. Bring insurance or medical cards on the day of surgery.
9. If your insurance requires a referral, please obtain this several days prior to your office visit.
10. If your patient is a minor, a parent or guardian **MUST** be present to sign the operative consent the day of surgery.
11. Non-cosmetic patients: Check with your family doctor to see if they would prefer you to have the pre-op testing done in their facility. Pre-op testing should be done three weeks prior to your surgery.
12. If you have any questions, please feel free to ask.

## DRAIN INSTRUCTIONS

### How to empty the Jackson Pratt drain:

1. Wash your hands and unpin the drain from your clothes.
2. Hold the drain with the stopper at the top.
3. Remove the stopper from the pouring spout and let the drain fill with air.
4. When the drain is fully expanded, read the amount of fluid in the drain by using the lines on the side of the drain.  
**Note:** Each line has a number next to it, 25, 50, 75 100 ml. This is the amount you will record on the drainage chart. If you cannot see the number, count the number of lines and record it on the chart as line 1, line 2, line 3 and so on.
5. Pour all of the liquid out into a paper cup.  
**Note:** To prevent infection DO NOT let the spout or the top of the open drain touch anything.
6. Now, use one hand to squeeze the sides of the bulb together. This will push all of the air out of the bulb. While keeping the bulb squeezed, use your other hand to put the stopper back into the spout.  
**Note:** Keeping the bulb squeezed together helps to remove drainage from under the skin.
7. Pin the drain back onto your clothes. This will help prevent the drain from being pulled out by mistake.
8. Write down the date, time and amount of drainage and bring this record to your first doctor's visit.
9. Discard the fluid into the toilet.
10. Wash your hands.

# A Guide As You Prepare For Breast Implant



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## How should I prepare for surgery?

Complete all preoperative testing lab work 3 weeks prior to surgery.

No aspirin or aspirin containing drugs two weeks prior to surgery. Tylenol may be used as a substitute.

Please notify us if you are taking a blood thinner or Vitamin E above 400 units a day.

Notify the doctor if you or any family members have had any blood coagulation problems.

You should purchase a front closure (no underwire) support bra to be taken to the hospital on the day of your procedure, unless otherwise instructed.

Shower and wash well the night before and the morning of your surgery. Shave your underarms. Do not apply deodorant, cream or powder to your body the day of your surgery.

You may consider Zofran ODT 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 may be used.

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

No make-up, jewelry, contacts, hair accessories on the day of your procedure.

You must remove nail polish. If you have acrylic nails, you must remove the nail on the index finger.

Have on hand ice bags, non-sterile gauze sponges and fluids such as Gatorade and juices for after surgery.

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

Please fill prescriptions prior to surgery. You will start your antibiotics the day before surgery.

Pain medication is for after surgery to help with discomfort.

Please make arrangements for a responsible adult to stay with you for the first 24 hours.

No alcohol 24 hours prior to surgery.

No smoking

Call the office to report any illness or cold symptoms within one week of surgery.

No food or liquid after midnight the night before your surgery. These precautions are necessary for anesthesia.

### What should I expect the day of surgery?

The surgery will be performed under general anesthesia.

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. 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. Alert nursing immediately if you have concerns.

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?

For the first 24 hours, we encourage you to drink plenty of fluids, preferably clear liquids, no carbonated or caffeinated drinks.

Diet as tolerated, however, we encourage you to start with fluids and progress to solid foods.

Take pain medication as ordered every 4 to 6 hours as needed. We suggest you to eat first to avoid stomach upset. Alcohol must be avoided while taking pain medication.

Your support bra will be on when you leave the operating room, including an ace bandage.

Unfasten bra and ace bandage. Check breasts for unusual swelling and discoloration every 4 hours during the day for the first 24 hours. Ace bandage will be worn approximately 2-4 weeks.

Breast drains will be in place postoperatively. You will need to keep a record of their output. Please notify us if drains are not functioning properly. You will be instructed on the technique of “milking the tubes” to promote proper drainage. We ask you to do this three times a day. (Instruction on how to empty and measure drains are on back of brochure).

You may shower daily. Dry the steri-strips with a hairdryer on a low setting.

Steri-strips will be covering your incisions. These should be allowed to fall off naturally.

Apply ice to operative site 24-48 hours, 45 minutes out of the hour.

Rest in a semi-sitting position with head elevated on 2 pillows. A recliner is ideal.

Apply gauze pads in your bra to absorb drainage.

Avoid strenuous activity including lifting, pushing, pulling or exercising for 4 weeks. Casual walking is acceptable.

A support bra should be worn for 3-4 weeks.

Driving is permitted once you are no longer taking pain medication.

Notify us of a fever 101 degrees, chills, severe nausea and vomiting, excessive bleeding or drainage.