

TRAN INSTITUTE FOR PLASTIC SURGERY

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PRE & POST OPERATIVE INSTRUCTIONS: BREAST SURGERY

SURGERY DATE: _____ ARRIVAL TIME: : _____ PLACE: : _____

WEEKS/DAYS BEFORE SURGERY:

- All nicotine product consumption must stop 4 weeks prior to surgery and refrain for 4 weeks after surgery.
- One week prior to and two weeks after surgery take ARNICA MONTANA (can be found at Walmart/GNC).
- Do NOT take ASPIRIN or medications containing aspirin between now and your surgery date. Do NOT take ANTI-INFLAMMATORY drugs such as Ibuprofen, which include Advil, Nuprin and Motrin. Do NOT take Vitamin E or eat Chinese black mushrooms; these products can interfere with normal blood clotting and may increase bleeding and post-op bruising. If needed, you may take Tylenol for minor aches and pains.
- The following are some drugs you should avoid between now and your surgery date: Alka Seltzer, Anacin, Aleve, Ascriptin, Bufferin, Cope, Coricidan, Darvan, Fiorinal, Dristan, Empirin, Excedrin, Midol, Sine-Aid, Sine-off, Percodan, Stendin, Triaminicin, Vanquish, St. John's Wort, diet pills (even "Natural") Ginkgo Biloba, "Natural" water pills, Ephedrine (aka Ma Huang). If you have any questions, please check with our office.
- Please notify us if you take any herbal supplements and/or vitamins.
- For a period of 3 days prior to surgery, cleanse from the neck area to the waist including your underarms and sides 3 times a day for 5 minutes each time using antibacterial soap, such as Dial.
- Report any signs of cold, infection or skin eruptions at the site where surgery will be performed that appears 1 week prior to the surgery date.
- Have your prescriptions for all medications filled prior to surgery.

*** DO NOT EAT OR DRINK ANYTHING (INCLUDING WATER) AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY.**

- Do NOT wear make-up, jewelry, or bring anything valuable to the surgical center or office.
- Wear or bring comfortable and loose-fitting clothes to go home in (specifically, a top that opens in the front).
- Arrange for someone to bring you to the surgery center or office in the morning of surgery and to pick you up at the designated time after surgery. Your next appointment and any additional instructions will be given at this time. Arrange to have someone spend the first 24 hours with you after surgery.

AFTER SURGERY:

- You are to go directly home and remain in bed the first night. You may get up to go to the bathroom with assistance.
- Do NOT sleep on your stomach. Do NOT lie flat in bed. Keep your upper body elevated by using 2-3 pillows.
- Take medications as directed. It is best to take pain medication with crackers or Jello. If you do not have pain, do not take pain medication. Do NOT consume any alcoholic beverages while taking medications.
- A liquid-to-soft diet is suggested for the first night after surgery, if no nausea is present.
- Immediately after surgery, you will be placed in a surgical bra and/or additional dressings.
- **The surgical bra provided to you after surgery must be always worn for the FIRST month. No other bra is to be worn during the first postoperative month. The doctor will advise regarding the cleansing of the bra and when a different bra may be worn.**
- Do NOT remove your dressings or bra until seen in our office for follow-up care. Do NOT get the dressing wet.
- If drains are inserted into the breast pockets during surgery, they will be left for 1-2 days. You will be given additional instructions for drain care. You will be able to shower when the drains are removed.
- You can expect moderate discomfort which the medication will ease. If you have excessive swelling, or the dressing appears to be too tight, please contact us. You may also expect some slight black and blue discoloration to your breasts which will gradually subside over a 2-3-week period.
- Do NOT drive for 7-10 days after surgery upon receiving approval and off pain medication before resuming.
- Unusual symptoms such as: excessive pain, prolonged dizziness or nausea, and fevers above 100 degrees should be reported.
- Showering can be resumed after all the drains are removed.
- It is important that you limit the use of your arms for approximately 2 weeks. Do NOT extend or elevate your arms more than a 30-degree angle away from the body. Do NOT lift or carry any objects that weigh more than 10 pounds.
- Avoid sunbathing, sunlamps, saunas, or excessive heat for 4-6 weeks after surgery. Normal exercise and activities can be resumed 4 weeks after surgery with physician approval.
- For routine questions, call the office M-F between the hours of 9 AM and 5 PM; Wed. 10 AM and 2 PM. If your call is **urgent**, please call anytime day or night at **(661) 253-2211**.