

Gallery of Cosmetic Surgery

PRE AND POST-OPERATIVE INSTRUCTIONS FOR BREAST SURGERY

After you have scheduled your breast surgery, please follow the following guidelines. Please note: these are only general guidelines. Your surgeon knows your medical history and will tailor your surgical plan to meet your individual health needs. Always follow your surgeon's instructions carefully and call him or her if you have any questions or run into any problems before or after your surgery.

2 TO 3 WEEKS BEFORE YOUR SURGERY DO NOT:

1. Do **NOT** take aspirin or any anti-inflammatory drugs/NSAIDS, such as ibuprofen, Advil, Motrin or Aleve. These medications are blood thinners and can cause complications during and after surgery. Please make sure you have informed your surgeon of every medication and supplement you have ingested within the last few months.
2. If you are taking anti-depressants, please tell your surgeon because he or she will need to adjust your anesthesia dosage accordingly. To avoid complications during surgery, it is very important that you tell your doctor about any anti-depressants that you are currently taking or have recently taken.
3. Please disclose ALL vitamins, supplements and herbs that you have ingested within the last few months to your surgeon. This includes diet pills and fat loss supplements. Vitamins, supplements and herbs can be very dangerous during and after surgery and should be avoided at least 3 weeks before and after surgery. In particular, DO NOT take Vitamin E, St. John's Wort, Ginseng, Ma Huang (aka Ephedra), or Echinacea at least 3 weeks before surgery. Read the list of products to discontinue.
4. If you smoke, stop smoking at least 2 weeks before your surgery. It is preferable that you stop smoking at least 2 months before your scheduled surgery. Do not smoke during your recovery as that could delay the healing process.
5. Any prescription drugs that you will need after your surgery should be filled during this 2-3 week period before your surgery.
6. Prepare your home for your recovery. A few tips: Have your house already cleaned; have oversized, clean clothes that open in the front readily available; trash should be taken out; ice packs/heating pads available; healthy foods pre-prepared and frozen; bills paid; books, movies, pillows available; internet access available, cell phone charged, and important phone numbers and medications easily available. Place any items that you may need in your house at hip level so you won't need to reach up or bend over for anything after your surgery. Consider making arrangements for your parents or in-laws to watch your children or pets during your recovery if possible. The most important thing is for you to relax.

THE DAY BEFORE YOUR SURGERY:

1. Make arrangements for a relative or friend to drive you home after your surgery. Make sure your companion (friend or relative) has the address where your surgery is taking place, correct directions and information about parking if needed. Make sure the person who is aiding you gets a copy of your Post-Operative Instructions for him/her to pick up and read.
2. Make arrangements for your companion to stay with you for 24-72 hours after your surgery.
3. The day before your surgery, DO NOT eat or drink anything after midnight. If your surgery is in the afternoon, ask your surgeon what or when you may eat before your surgery.
4. Since it will be difficult to raise your hands above your head after surgery, if you wish to wash your hair, do it the night before your surgery.

THE DAY OF YOUR SURGERY DO NOT:

- DO NOT wear tight fitting undergarments, pantyhose or girdles, to surgery. Instead, wear clean, loose fitting clothes that open in the front and can be easily slipped back on after surgery. Sweat pants and oversized shirts are ideal. Wear slip on shoes as well.
- DO NOT bring jewelry or valuables to surgery.
- DO NOT wear make-up or perfume the day of surgery.
- DO NOT plan to drive yourself home; have whoever took you to surgery back home as well.
- DO NOT plan to spend the night alone.

MAKE SURE TO DO THE FOLLOWING:

- DO re-read the Patient Information Package provided.
- DO shower with anti-bacterial soap the morning of your surgery. Wash your breasts and under your arms thoroughly. Do not apply any moisturizers, deodorant, talcum powder or other products afterwards.
- DO call us if you develop a cold, sore throat, fever or other illness before surgery
- DO bring a case for contact lenses. It may be easier to just wear your glasses after surgery.
- DO bring all medications prescribed.
- DO have an adult take you home and spend the night with you after surgery.
- DO call for special anesthesia instructions if your surgery is in the afternoon.
- DO give us the contact information of the person who is accompanying you.
- DO take home specific post-operative instructions for your surgery.

FOR YOUR RECOVERY IMMEDIATELY FOLLOWING SURGERY:

Please note: These are general recovery guidelines and will vary depending upon the type of breast surgery you have and your medical history. Always follow your surgeon's instructions carefully and call him or her if you have any questions or run into any problems before or after your surgery.

Please bring your sport bra with you the day after surgery. The healing process is gradual after breast lift surgery. Bruising and swelling should start to diminish after two weeks. Sutures are placed inside the skin to reduce scarring, but there will be some scarring but they will start to fade after several months. However, the scars will not completely disappear altogether. You may experience changes in nipple or breast sensation following surgery but these sensations should return to normal after a few months. Almost immediately, you will notice a dramatic change in the way your breasts look. They will be fuller and shapelier. However, you will still need to wear a surgical bra for several days and then a sports bra for many weeks. Do not wear under-wire bras until you are fully healed. You can remove the surgical bra for showering if your surgeon has covered your gauze dressings with special tape. Be prepared to rest in bed for the first 48 hours after surgery. Drink plenty of fluids, and begin to eat lightly. Any sensation of nausea should pass by the morning after your surgery. You may sleep on your back or on your side, but do not sleep on your stomach for 4 weeks. Do not take aspirin or any anti-inflammatory drugs/NSAIDS, such as ibuprofen, Advil, Motrin or Aleve during your recovery. These medications are blood thinners and can cause complications after surgery. In addition, do not take any vitamins, supplements or herbal supplements during recovery, unless your surgeon instructs you to do so.

MEDICATIONS:

Take the antibiotics and pain medication your surgeon prescribed according to the pharmacy instructions. Don't take pain medication on an empty stomach, as it may cause nausea and vomiting. You do not have to take the pain medicine if you are not in pain, but you **must take all of your antibiotics**. The period of greatest discomfort usually does not last more than 12 to 14 hours. Do not drive while taking pain medication.

CALL YOUR DOCTOR IF YOU HAVE ANY OF THE FOLLOWING:

- A) Severe pain not responding to pain medication
- B) Substantially more swelling and/or pain on one side than the other; or
- C) A chest wrap that seems too tight.

Don't take chances! Call immediately if you have any questions or concerns about your recovery. If it's during office hours, please call **(949) 706-7776 or (949) 940-6866** or after hours, call Dr. Sadati at **(949) 485-8101**.

DRIVING:

You should not drive for at least a week after surgery and should NEVER drive while taking pain medications. Please note: speak to your surgeon about when it is safe for you to start driving again because he or she knows your medical history.

Activity restrictions: Do not raise your arms above your shoulders for 2 weeks and DO NOT carry anything heavy such as weights, bags or packages for 4 weeks. Your surgeon will monitor your recovery and will let you know when you can resume your usual physical activities.

POST-OPERATIVE APPOINTMENTS:

Make sure you keep all post-operative appointments. It is very important that your surgeon is able to see you and monitor your recovery.