

## BREAST SURGERY

DATE: \_\_\_\_\_ PLACE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

### TWO WEEKS BEFORE SURGERY:

1. Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you take any of them. Aspirin should not be taken 2 weeks before or after surgery. Tylenol is a good medicine to take for any aches or pains you may have prior to your surgery.
2. If you develop a cold, facial sore, or any other illness prior to surgery, please notify us.
3. **Smoking will affect how you heal. It is very important to discontinue smoking for at least 2-3 months before surgery.**
4. If you are having surgery as an outpatient, please be sure arrangements have been made for a responsible adult to drive you to and pick you up after surgery and to stay with you for the first 24 hours.

### EVENING BEFORE SURGERY:

1. In preparation for after surgery, place 2 pillows on your bed for elevation of your head and shoulders.
2. Make some jello and/or soup for after surgery.
3. Get a good night's rest.
4. Do not eat or drink anything after midnight if your surgery is scheduled before noon.

**MORNING OF SURGERY: Be at the Surgery Center/Hospital at:** \_\_\_\_\_

1. Do not eat or drink anything if your surgery is scheduled before noon. If your surgery is scheduled after noon, you may have coffee or tea and dry toast no later than 6 hours before your scheduled surgery time. **DO NOT SMOKE.**
2. Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Do not wear pullover tops or pantyhose. Wear slip-on shoes.
3. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home.

### AT HOME AFTER SURGERY:

1. While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours. You may get up to the bathroom with help only.

2. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.
3. If you have pain or discomfort, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medication should not be taken together.
4. For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or to lift anything heavy.
5. Small drains may be used to draw off any accumulating fluid after surgery. The bulb should be kept collapsed at all times. The fluid will need to be removed from the bulb every 3 hours. Please keep a record of what time and how much fluid is emptied from the bulb. Bring this record with you to the office appointment. Usually, drains are removed 48 hours after your surgery. The drains will not be removed if you have drained more than 30 cc within a 24 hour period.
6. The incision lines are to be cleaned twice a day with soap and water starting on the second day. Apply Polysporin or Bacitracin ointment and a dressing after cleansing; however, if the wounds have been sealed with Dermabond or superglue no wound care except cleaning is required.
7. You may shower 24-48 hours after the drains have been removed.
8. You may wear a camisole but no bra until the doctor states you may wear one. Obtain a sports bra that clips in the front to bring to your first post-op visit.

## **OTHER POST-OPERATIVE INSTRUCTIONS**

1. Exercises are to be **STRICLY** avoided until 2 weeks after surgery. You may gradually resume normal sedentary daily activities after 48 hours, being careful to avoid any activity that causes pain or discomfort to the operative site. Use common sense!
2. Driving may be resumed when a sharp turn of the steering wheel will not cause pain.
3. Breast massage should start as soon as you are able to do so without pain if you have breast implant. This is usually 2-3 weeks after surgery. Instructions on breast massage will be given by the nurse in the office. The importance of massage cannot be over emphasized. It is something you should be religious in doing for the next two years.
4. Bruising and swelling are normal. This will disappear with time. If it does not improve or gets substantially worse contact our office.
5. Unusual sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several months and will gradually disappear.

## **GENERAL INFORMATION:**

1. Strenuous activity/heavy lifting of objects greater than 10 lbs. should be avoided for 6-8 weeks after most types of breast surgery. Please use your common sense!
2. If you have implants it is more important to avoid impact exercises or strenuous activity that may disrupt the implant or pocket for at least two months. Please heed this warning!
3. Sexual activity involving the breast should be avoided for two months.
4. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 20 or greater for at least 6 months.
5. Please take all medication carefully and as directed.
6. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
6. If you develop a fever (oral temperature greater than 101.5), redness or increased pain or severe swelling at the surgical incisions, please call us immediately at (405) 942-4300.

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