

PRE OPERATIVE INSTRUCTIONS FOR BREAST AUGMENTATION SURGERY

ADVANCE PREPARATION FOR YOUR SURGERY:

You will need to arrange for someone to pick you up following your surgery. Please ensure that this person is available at any time during the day to pick you up. In addition, it is advisable for someone to stay with you for one night following your surgery. This is advisable because the anesthetic medications you have been given will make you feel drowsy and possibly nauseated.

Postoperatively, you will have to avoid strenuous activities like lifting, reaching, etc. Therefore, you need to arrange time off work for approximately 1-2 weeks.

PRIOR TO YOUR SURGERY:

On the day prior to your surgery, you may eat and drink as desired until midnight. **DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT BEFORE YOUR SURGERY.**

Aspirin and pain relievers – Several common pain relievers including Advil affect how blood clots. There are about 24 such medicines and they are sold over the counter. Avoid products containing ASA for a period of 2 weeks before surgery and 2 weeks after. Remember that many over the counter preparations contain ASA, such as 222's, Anacin, Alka Selzer, etc. The purpose of this is to avoid the bleeding tendency which ASA causes. Tylenol does not contain any ASA and may be taken as needed.

Herbal Medications – check with your doctor.

Smoking – Avoid smoking preoperatively for 6 weeks. Nicotine is a well known constrictor of blood vessels and can be the direct cause of poor healing and even death of skin after surgery.

Hormone replacement drugs and birth control pills – Please discontinue taking any of these drugs one month prior to surgery.

Vitamin E – Avoid large doses of Vitamin E for 3 weeks preoperative and 2 weeks postoperative to avoid potential delayed healing.

The night before your surgery and the morning of your surgery, please have a shower and cleanse the area from your neck to your waist with Dexidin 4 (chlorhexidine-based anti bacterial soap). This can be purchased at any drug store without a prescription.

Again, on the day prior to surgery, you may eat and drink as desired until midnight. AFTER MIDNIGHT, do not have anything to eat or drink – this includes no gum, candy or water.

Morning of surgery – Remember to use Dexidin 4 on the area between your neck and waist as described above.

Do not wear any makeup to surgery. Make sure finger and toenail polish have been removed. Do not wear any jewelry or bring any money unless you are paying the anaesthetic fee on the day of your surgery. If you are paying the anaesthetic fee on the day of surgery, a separate receipt will be issued to you. The anaesthetic fee must be paid either a certified cheque, money order, bank draft or cash.

Wear loose comfortable clothing. We suggest that you wear a top that buttons or zips up the front as it will be difficult for you to raise your arms. Do not wear high heeled shoes.

When you arrive at the office, be prepared to tell the staff the name and phone number of the person who will be picking you up and taking you home. They will be contacted when it is time to pick you up. In our underground parking, access is from the back lane, they may park in stall #10 which reads Vancouver Plastic Surgery Center and come up to the 10th floor to get you.

If you have any questions or concerns, please call our office at 604-876-1300 or 604-876-6552.

Reminder: The day prior to your surgery, please call Dr. Lennox's office to confirm your surgical time. You are to arrive one hour prior to your surgery time.

AFTER SURGERY

After surgery, you are able to move around as tolerated, and you can go for a walk if you like. You are encouraged to start gentle range of motion of your shoulders and arms.

You may have food and beverages as desired and tolerated for the first night following surgery and anytime thereafter. We recommend, however, that you start with sips of clear fluids, progressing through soups and juices to a regular diet.

You will be given a prescription for pain killers. Use these carefully because they may cause nausea and constipation. Straining, such as lifting, vomiting and coughing are to be avoided as this may cause bleeding.

You may be wearing a tensor bandage after surgery, which is to remain in place for 48 hours. The purpose of this is to apply pressure and prevent bleeding. After 48 hours, you may remove the tensor wrap with assistance. You will find waterproof dressings under the tensor. These should be left in place for the first 5 days. You may shower after 48 hours.

Once your tensor bandage has been removed, you will need to get into a bra. Dr. Lennox will advise you as to what type of bra you should ideally use. The bra should support the breasts and not push them up or inward. This must be worn in place of the tensor bandage day and night until you are seen in the office.

WHAT YOU CAN EXPECT:

Moderate discomfort of the breasts, which should gradually improve. If pain begins to increase, we need to see you.

While wearing the tensor wrap, deep breathing may hurt. This will improve when you switch to a bra. Moderate swelling will occur and will be maximal at 2 days after surgery. Swelling is usually gone in 3 weeks, but occasionally, can persist longer. If swelling is getting worse on one side and this is associated with pain, please notify Dr. Lennox's office immediately at 604-876-1300.

Bruising will occur and will be maximal at 3-4 days and can persist for 3 weeks.

Your sutures are dissolving and do not need to be removed.

There are always areas of numbness especially around the incisions. This will generally subside. The nipples, on the other hand, may be hypersensitive for several weeks. If nipple irritability is a problem, place a bandaid across the nipple.

If you have any questions or concerns, please do not hesitate to contact Dr. Lennox's office at 604-876-1300.