BEFORE SURGERY:

1. Do not take aspirin, aspirin-containing medications, Ibuprofen, St. John’s Wort or Vitamin E for 2 weeks prior to surgery and for 2 weeks following. Contact your pharmacist if you are unsure if a medication contains aspirin. Tylenol is okay.

2. Absolutely NO SMOKING or use of nicotine-containing products for 2 weeks prior to surgery and 2 weeks after surgery.

3. It is important to maintain good nutrition with balanced meals. Drink plenty of fluids.

4. If you are 35 years of age or older and have never had a mammogram, we require a baseline study be done before surgery. If you have not had a mammogram for two years or longer, a repeat mammogram must be done. Have a copy of the written report sent to our office.

5. Your surgeon may request you to purchase a specific bra to be worn after surgery. Our medical support staff can assist you with this. Do not wear under wires for 4 weeks.

6. Arrange to have a physical examination by your family physician within 7 days prior to your surgery.

7. Report to this office if any signs of a cold, infection, skin eruption or fever occurring 1 to 3 days prior to surgery.

8. The night before Surgery: a) Shower using Dial or Lever 2000 soap.
   b) Shave your underarms closely.

9. DO NOT eat or drink anything after midnight before your surgery. If you are taking any medication, please consult your family physician regarding what medications you must take the morning of surgery.

10. Wear loose-fitting, comfortable clothing to the hospital. A front opening shirt will be easier for you.

11. Bring your admitting orders and physical examination forms with you to the hospital.
12. You may go home the same day or spend one night in the hospital. Whether you stay 1 night or go home the same day, you must arrange for an adult to drive you home and stay with you for the first 24 hours.

AFTER SURGERY:

1. Follow up visits ARE IMPORTANT! Please follow your physician’s instructions for follow up.

2. Good nutrition and fluid intake is essential to wound healing. Eat well-balanced meals. Drink plenty of fluids.

3. Absolutely NO SMOKING or use of nicotine-containing products for 2 weeks after surgery.

4. Take the antibiotics and pain medication as directed. Discomfort diminishes appreciably after 48 hours. However, you are encouraged to take pain tablets as needed.

5. You will be more comfortable sleeping with your head and shoulders elevated and a small pillow under your knees. You must sleep on your back for 10 days to 2 weeks.

6. If drains are used they will be removed when dressings are changes the next day.

7. Showering or bathing may be resumed at the direction of the surgeon.

8. Stitches will be removed within 1 to 2 weeks after surgery. Tapes may be applied for additional support.

9. Physical activity (work or exercise) should be avoided until advised by your physician. Let comfort be your guide.

10. Strenuous activity should be minimal for the first 3 days. Normal range-of-motion of arms is fine but avoid extra stretch for 2 weeks.

11. You will tire easily for 2-3 weeks.

12. The sensation of your breasts and nipples may be temporarily diminished. Avoid temperature changes to affected area. NO heating pad, ice packs or sunbathing.
13. The swelling and discoloration will diminish for approximately 2 months. It can take up to 1 year for your breasts to attain their final contour and projection and for scars to soften and fade. Please be patient. Allow yourself extra rest, a nutritious diet and avoidance of stress during your recovery.

14. Do not drive if you are taking prescription pain medications.

15. Scars will flatten and lighten in color within 12-18 months. A 30 sun block for 6 months is recommended.

16. Please do not hesitate to call our office with questions or concerns at 612-335-9032.