

# Hankins & Sohn

## Plastic Surgery Associates

### INSTRUCTIONS FOR BREAST AUGMENTATION

**2 WEEKS BEFORE AND AFTER:** No Smoking, No Aspirin, Ibuprofen, Aleve or anti-inflammatory medications. Blood thinners such as Plavix or Coumadin must also be discontinued under the guidance of your primary care physician. No herbal supplements, medications, red wine or teas. Herbs with an increased risk for bleeding include but are not limited to Vitamin E, St. John's Wort, kava, and "G herbs" (garlic, ginseng, ginger & ginkgo).

**1 WEEK BEFORE:** Women over 40 and those with a family history of breast cancer must have a mammogram done at least 1 week before surgery.

**2 DAYS BEFORE:** No alcohol. Start an over-the-counter stool softener (Colace, Dulcolax) and Arnica Montana if desired.

**1 DAY BEFORE:** Expect a call from the office to verify surgery time, you must be reachable. Also expect a call from our anesthesiologist to review your medical history. Drink 1 gallon of water before midnight so that you are well hydrated. **Nothing to eat or drink after midnight the night before surgery. This means no gum, candy, mints, cigarettes or medications unless instructed.** Your surgery may be cancelled if you fail to comply with said instructions.

**DAY OF PROCEDURE:** Designate a responsible adult to bring you to and from the procedure (plan for approximately 3 hours) and have them stay with you for 1-3 days. Someone must drive you to the postoperative appointment, which is typically the following day. Arrive at the surgery center 1 hour before scheduled time *bringing a photo ID, wearing loose baggy clothes (no pullovers or leggings)*. No lotions, creams, body piercings, contact lenses, nail polish, tampons or make up the day of surgery. Nurses at the surgery center will need a urine specimen to verify pregnancy status. Compression hose will be applied to prevent blood clots and you will be asked to change into a surgical gown. Once an assessment has been done and consents verified, an IV will be started. Several preoperative medications will be given and your surgeon will confirm the surgical plan and make presurgical markings. Surgery will take approximately 1 hour and you will wake up in the recovery room with an ACE wrap around your chest. This will stay on till we see you back in the office the following day and put you in a sports bra. Use frozen peas as ice packs NEVER applying directly on skin. Alternate them on/off for 20 minute intervals to help with swelling and pain for at least the first 3 days after surgery. Sleep with upper body elevated at a 45-degree angle for at least 3 days postoperatively to decrease swelling. Advance diet slowly from liquids to soft, then solid foods. Beige foods are good to start with since they are typically bland (crackers, mashed potatoes, rice, pasta, ginger ale). Low sodium foods will keep swelling at a minimum. Continue to drink lots of fluids, cough, deep breath, and move around to prevent blood clots and pneumonia. Compression hose must be removed at least once every 12 hours. **BEGIN ANTIBIOTIC THE NIGHT YOU GET HOME FROM SURGERY AND CONTINUE UNTIL COMPLETED.** All other medications are as needed only, please keep a log of what and when you take, following the directions on the bottle. Pain medication and spasm medication must not be given within 1 hour of each other.

## AFTER BREAST SURGERY

**1 DAY POSTOP:** Follow up at the office. Ace wrap comes off and you go in a sports bra. Stay in a sports bra for 6 weeks except when showering. Plan on sleeping in one indefinitely to keep the implants in the midline neutral position and fight gravity.

**2 Days Postop:** Ok to shower. Continue sleeping elevated, ice, and no lifting more than 5 pounds (gallon of milk). It's fine to wash your hair, dry steri-strip sites gently with a towel and then use a blow dryer on cool until no moisture is present at the incision sites. Move around the house but don't over do it, no reaching for the highest thing in the cabinet.

**1 WEEK POSTOP:** Follow up at the office for suture removal and steristrip change. No lifting more than 15 pounds after the first week. If warranted, the surgeon will discuss massage and when to start. Do not attempt massage unless told to do so.

**2 WEEKS POSTOP:** Ok to resume sexual intercourse. Light leg workouts are fine. If it hurts, don't do it.

**3 WEEKS POSTOP:** Follow up at the office for steri-strip change. OK for baths, pools, saunas and begin scar care regimen *if no open areas or scabs are present*. OK to do light cleaning and workout with arms.

**6 WEEKS POSTOP:** Go get fitted for a regular bra (I recommend Dillard's or Nordstrom's). All workouts are fine to resume. Massage will be pushing up, down and kneading 1x daily for the rest of your life.

**9 WEEKS POSTOP:** Come in for another follow up and a set of postop photos.

The FDA recommends that women who have silicone breast implants do an MRI 3 years after the initial augmentation and then every 2 years to monitor for implant rupture.