

Orlando Plastic Surgery Center

Instructions for Cosmetic Breast Surgery Patients

Be sure to read these instructions carefully before your surgery, and follow them closely.

BEFORE SURGERY

Stop taking the following medications as soon as possible before surgery (preferably two weeks) and do not use them for two weeks after:

Aspirin & ibuprofen products

- Bayer
- Excedrin
- Anacin
- St. Joseph's
- Aleve (Naproxyn)
- Motrin
- Advil

If you are taking a prescription drug which contains aspirin, please ask the prescribing physician if there is a suitable alternative.

Blood thinners such as Coumadin (warfarin)

Anti-Inflammatory drugs such as:

- Celebrex
- Naproxyn
- Voltaren
- Relafen

Supplements:

- Ephedrine
- Fish Oil
- Vitamin C
- Vitamin E
- Ginkgo Biloba
- Melatonin
- Garlic
- Ginger
- St. John's Wort
- Ginseng
- Kavakava
- Echinacea
- Herbal Tea

Please contact our office if you have any questions about your medications.

If you smoke, please stop one month before surgery and refrain from smoking one month after surgery to reduce the risk of complications. Smoking interferes with healing. Surgery cannot be performed unless you stop smoking.

Have all of your prescriptions filled before surgery. Dr. Pope typically prescribes:

Keflex (Ceflexin)	2 times a day for 7 days	Antibiotic
Hydrocodone/Acetaminophen	Every 4-6 hours, as needed	Pain control

In addition, we recommend that you have Colace, an over-the-counter drug used for constipation, available in case it's needed.

Colace should be taken twice a day for seven days.

Do not shave your underarms within two days of surgery.

Purchase two sports bras for use the first month after surgery.

ON THE DAY/EVENING BEFORE SURGERY

Do NOT eat or drink after midnight the day before your surgery (unless otherwise instructed.) This includes water, candy, mints and gum.

Arrange for a responsible adult age 18 or older to pick you up, take you home and remain with you for the first 24 hours.

For your safety, your surgery may be canceled if these arrangements are not made.

Shower the night before and the morning of surgery with antibiotic soap (Dial, for example).

Cleanse your belly button area with a Q-tip and antibacterial soap while showering.

ON THE DAY OF SURGERY

Leave all valuables at home (money, credit cards, jewelry, etc.)

Remove all make-up and nail polish.

Do not use body lotions, perfumes or deodorant.

If you wear dentures, glasses or contact lenses, you may need to remove them before surgery. Please bring the necessary items to store them.

Wear loose, comfortable clothing, including a shirt that buttons up or zips, and low-heeled shoes.

AFTER SURGERY

Dr. Pope will examine you a week after surgery, but is always available if you have any questions.

If you live outside Orlando, please make arrangements to stay within a two-hour drive of our office for the first week after surgery. Complications can occur within the first few weeks of your recovery.

Have a light meal the evening of surgery. Resume your normal, balanced diet the next day. A high protein diet is recommended to speed recovery.

Get more rest than usual. This will help speed your recovery.

Sleep with extra pillows under your head for the first week after surgery. This can help reduce swelling.

Avoid sleeping on your stomach for at least a month.

You may usually return to work within 10 to 14 days.

Dr. Pope recommends waiting four to six weeks before having sexual intercourse.

Activities

You have just undergone a major surgical operation. The only activity permitted for the first month is walking, which you should do at least three times a day.

Refrain from vigorous exercise, heaving lifting, or straining during the first six weeks after surgery. Don't lift anything heavier than five pounds (the weight of one gallon of milk).

On the first post-op day, begin shoulder range of motion exercises. Facing a wall at arms' length, use your fingers to tiptoe upward to shoulder level. You should try to raise your arms to a slightly higher point each day. Do this twice a day.

Four weeks after surgery, you may resume light exercise, unless otherwise instructed by Dr. Pope.

Do not drive if you are taking any pain medications or muscle relaxants.

Breast implant massage is not required to keep implants soft, but it can be helpful to decrease swelling and improve sensation if you have smooth implants. Massage is not necessary if you have textured implants. Dr. Pope will show you the proper technique at your one-week follow-up visit. Lotion may be helpful, particularly over the nipple area, which may be sensitive and tender.

Incision care

You may shower 48 hours after surgery, with assistance.

No tub soaking or swimming for one full month.

Keep steri-strips in place. They will fall off on their own with normal showering. You may trim the ends of the steri-strips as they start to peel.

If they have not fallen off on their own, steri-strips should be removed after two weeks.

Keep incisions clean and inspect them daily for signs of infection (redness or drainage).

You may use scar gel after two weeks, if there are no problems.

Avoid exposing scars to the sun for at least 12 months.

Always use a strong sunblock and keep incisions covered, if sun exposure is unavoidable (SPF 30 or greater).

Appearance

You will have fuller breasts with a more lifted breast gland and nipple.

Follow-up care

Your post-op visit will be five to seven days after surgery.

All sutures are absorbable and do not require removal.

Drains are usually removed at your first post-op visit, unless there is an output of more than 20cc.

WHEN TO CALL

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects from your medications, such as rash, nausea, headache or vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incision that is difficult to control with light pressure.

If you have any problems or concerns related to your surgery that we haven't discussed or that have not been covered in these instructions, please call our office at your convenience. We are always here to help.