

Breast Augmentation Pre and Post Op Instructions

To and From Surgery

On the day of surgery, plan for someone to drive you home, we recommend that you have someone watch over you at home as well. Be sure you have read and completed the Newport Beach Surgery Center paperwork before you arrive. You can call the surgery center to get more detailed instructions. Make sure you know how to get to the surgery center so you can be on time. You should not drive for one week after surgery.

Diet

Do not eat or drink anything for eight hours before surgery. After surgery, be sure to drink enough water to prevent dehydration.

What to Wear

Buy an inexpensive underwire bra (unless you are having a breast lift at the same time) to bring with you to the surgery center. You will not be raising your arms afterwards, so be sure to wear comfortable clothing such as a loose fitting zip up and sweat pants to make it easier to get dressed.

Medication

Discontinue taking aspirin and Vitamin E one week before surgery (refer to the aspirin instruction sheet). Do not resume taking any aspirin, ibuprofen, or Alleve until 5 days after the surgery. Get your prescriptions filled a few days in advance to take after surgery. Take your antibiotics until the bottle is gone. For pain, Dr. Doezie will usually prescribe a muscle relaxer (methocarbamol) and a narcotic such as Vicodin, Darvocet, or Percocet. During the first few days, it is generally better to take the muscle relaxer first and then supplement with the narcotic. Each person experiences pain differently, but most patients experience the most pain the first day following surgery.

You should know that having implants requires you to take antibiotics anytime you have dental work done to reduce the chance of an implant infection. After your surgery, you should wait three months before going to the dentist. Call our office if you need a prescription for antibiotics.

Physical Activity

After surgery you may feel tired, so be sure to rest until the effects of the anesthesia have worn off. If at any time you feel dizzy after surgery, lie down until you feel normal again. You may engage in normal activity, but do not do anything to elevate your blood pressure for at least a week. This will cause bleeding in the breast implant pocket which may result in a hematoma, and increase your risk of capsular contracture. You will feel very sore (similar to a hard chest workout). Dr. Doezie will place a pain medication pump at the time of surgery which will relieve much of the discomfort. The pump is filled with a long-acting numbing medicine called Marcaine which helps to numb the pocket. The pump catheters will be removed after three days.

For the first three weeks after your surgery do not raise your upper arms above 90 degrees in order to prevent over-stretching. Be sure not to lift anything greater than 15-20 pounds within those three weeks. After three weeks your activity is unrestricted.

Wound Care & Bathing

While your pain pump is in place (about three days), do not take a shower in order to prevent bacteria from entering the surgery site. You may have your hair washed in the sink but be sure not to get the tube site wet. By the third day your pain pump should be empty and you can come to our office to have it removed (the ball will be deflated and you will feel a hard ball inside). You will also have a tape strip across your incision site, which Dr. Doezie will remove it at about a week after surgery. If your incision site is in the armpit you may resume shaving after the tape is removed (one week).

While the pain pump is in place, bloody fluid usually leaks from the tube site onto your bra. Do not be alarmed as this is normal. This is why we recommend you wear something you don't mind getting soiled.

Immediately after surgery it is normal for the implants to seem too high on the chest and too larger. It will take at least a month before all the swelling of the breasts is gone, and one to two months for the implants to drop into the correct position.

Follow-Up Visits

You will come into our office the day after surgery for a follow up visit with Dr. Doezie, when he will show you how to move the implants correctly. You will need to bring someone (i.e. your husband, friend, etc.) to do this for you as it will be uncomfortable to do yourself the first week or so. We recommend that you take your pain medication and muscle relaxant 45 minutes before your visit to minimize any discomfort. You will do the exercises twice a day holding each position for ten seconds. These exercises are very important and will help prevent capsular contracture.

Make an appointment for three days after your surgery to have the pain pump removed. Dr. Doezie will let you know when to make the rest of your follow-up visits.

What Bring to the surgery center:

Underwire bra

Photo ID

Credit Card (no personal checks)

Other Suggestions:

Paper or plastic bag for the car ride home just in case

A pillow for comfort on the way home

A bottle of water