

Pre-Operative Instructions for: Breast Augmentation

- **DO NOT TAKE VITAMINS, HERBAL SUPPLEMENTS, APPETITE SUPPRESSANTS, NSAIDS (NAPROXEN, IBUPROFEN, ASPIRIN), or any other products containing aspirin for two weeks prior to or following your surgery.** Aspirin affects the blood's ability to clot and could increase your tendency to bleed at the time of surgery and during the post-operative period. **Tylenol is okay to take.**
- **DO NOT TAKE ANY DECONGESTANTS for one week prior to your surgery.**
- **DO NOT DRINK ALCOHOL for one week prior to your surgery.** Alcohol can increase the risk of complications.
- If you smoke, it is recommended that you quit. If you cannot quit, it is recommended that you do not smoke for two weeks prior to or following your surgery. Smoking decreases circulation and slows down healing time.
- **Notify us** if you develop a fever, cold, facial sore, or any other illness prior to surgery.
- **24 HOURS PRIOR TO SURGERY START TAKING YOUR ANTIBIOTIC (Cipro).**
- **Arrange for a driver** to and from surgery and arrange for someone to stay with you for 24 hours following.
- Shower the morning of or the night before surgery as you **will not be able to shower for 48 hours following.**
 - **Use only an antibacterial soap** on the area(s) to be treated.
- **Do not use any moisturizers or wear any makeup or perfume** on the area(s) to be treated and **remove all nail polish.**
- Please do not wear any wigs, hair pieces, hair pins, or unnecessary jewelry.
- **Remove all piercings** in the area(s) to be treated.
- **Wear comfortable and loose-fitting clothing** on surgery day, including a shirt that buttons all the way up the front. **Do not wear anything that you must put over your head.** Slip-on shoes are recommended for maximum post-operative comfort.
- **Be sure to eat a light meal** prior to surgery and try to **avoid dairy;** dairy can be difficult to digest. Keep in mind that surgeries can take up to a few hours.
- Please remember that surgery times are estimated, you could be at the facility shorter or longer than indicated.
- **BRING YOUR PRESCRIPTIONS TO SURGERY.**
- Bring your headphones if you plan to watch Netflix on our iPad, or feel free to bring a mp3 or other device of your own.

Surgery Date: _____ Arrival Time: _____

I HAVE READ AND FULLY UNDERSTAND THESE INSTRUCTIONS.

Patient Signature

Date

Patient Name (Print)

Date

Witness Signature

Date

Post-Operative Instructions: Breast Augmentation

Recovering from your Breast Augmentation

It is important that you follow these post-operative instructions very closely; doing so will increase the likelihood of having a successful recovery, avoiding preventable complications, and achieving the desired results.

If you have any questions regarding these instructions or any other aspect of your care, please call Dr. Banker's office at 419.893.2775.

Post-Operative Instructions:

- **Relax and get plenty of rest.** Lie on your back, elevated to a 30 to 45-degree angle with pillows, or lie down in a recliner.
- **LIMIT ARM MOVEMENT for at least three days** following your surgery. Try to keep your arms close to your body.
- **DO NOT DRIVE for three to five days** following your surgery. When you are no longer taking any pain medications, you may return to driving.
- **DO NOT TAKE ANY ASPIRIN or aspirin-containing products for two weeks** following your surgery. Tylenol is okay to take, however, it is not safe to take in addition to your prescribed pain medication. Please read all labels carefully and be aware of the amount of medication you are taking.
- Your pain medication may make you constipated; therefore, you may want to purchase a gentle stool softener (Colace, 100 mg twice a day). These medications are available over the counter at most drug stores.
- **Take your antibiotic as directed until gone.**
- **Starting on day four post-operative, lie face down on the floor for ten minutes once daily** as directed by Dr. Banker. This technique and massaging as instructed will help prevent capsular contraction.
- The post-operative garment will be placed by the staff immediately following your procedure. This garment is worn to keep the breasts in the best and most natural position. You must continue to **wear this garment for a minimum of two weeks** unless otherwise instructed by Dr. Banker. After the binder garment is no longer necessary, you may wear a sports bra or cotton bra without underwire. Anywhere from six weeks to three months post-operative you may return to an underwire bra.
- **DO NOT REMOVE GARMENTS OR BANDAGES until your scheduled follow-up appointment with Dr. Banker at three days post-operative.**
- You should be up and walking around the evening following your surgery to help prevent blood clots from forming in your legs. Sitting, standing, walking, and climbing

stairs is all that you should be doing; **NO running, exercising, heavy lifting (20 pounds or more), bicycling, dancing, or participating in sports for three weeks** unless otherwise approved by Dr. Banker. **Avoid heavy lifting and upper-body exercising for six weeks.**

- **DO NOT SOAK in a bath tub, hot tub, pool, ocean water, or sauna for six weeks** following your surgery or until the incision sites are completely healed.

What to expect:

- **Healing of sensory nerves** - Regeneration of the sensory nerves is accompanied by tingling, burning, or shooting pains. This will disappear with time and is nothing to be alarmed about. If, however, this is accompanied by swelling, redness, infection, or bleeding then you will need to be seen by Dr. Banker.
- **Sensitivity** – As the nerves regenerate, the nipples commonly become hypersensitive. This will subside with time, but you may find that gentle massaging helps.
- **Sloshing sensation** – You may hear and feel sloshing in your breasts after surgery. This is the natural fluid that accumulates after surgery, not the implant. This fluid will be absorbed by the body within a few weeks.
- **Shiny skin** – As a result of the swelling that occurs after surgery, the skin on your breasts may become shiny. Within a few weeks, the edema and the swelling will subside and the skin will look normal again.
- **Asymmetry** – It is common for the two breasts to heal differently. One may swell more, one may have more discomfort, or the shapes may initially differ. After complete healing, they should look remarkably similar and natural. Patience is required, but if you are concerned please speak with Dr. Banker or the medical staff.

Patient Signature

Date

Patient Name (Print)

Date

Witness Signature

Date