

PREOP INSTRUCTIONS  
BREAST AUGMENTATION

Arrive at \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_. Please call 406-728-3811 the day before your surgery to confirm your arrival and surgery time. If you are unable to keep your scheduled surgery, please call 406-728-3811 2 weeks prior to cancel.

Plan on minimal activity for the 1<sup>st</sup> 4 weeks following surgery and GRADUALLY increasing your activity level. No vacuuming, lifting (ie.children), housework, working out, etc.. No airline travel for 4 weeks (the pressure causes swelling).

You will need to have a responsible person drive you home and be with you for 24 hours after your surgery. They should be available to speak with the recovery room nurse to receive post op instructions and get prescriptions filled if necessary. You will also need to arrange to have someone drive you to your return appointment the next day.

Do not Eat:

- any solid food after 9PM, any fluids after midnight the night before surgery.
- avoid alcoholic beverages for 24 hrs before surgery.
- nothing in the morning, no water, coffee, juice, liquids, or food.
- do not suck on mints, chew gum, tobacco, or candy.

Remember to remove all makeup (lipstick, mascara, or eyeshadow) some of the ingredients may be hazardous in the operating room.

Shower with an antibacterial soap 2 days prior to your surgery. ie.Dial

Report any colds or infections prior to surgery

Do not wear anything made of metal such as watch, rings, earrings, necklace, or any body piercings.

Wash your hair and shower the night before or the morning of your surgery; do not apply any deodorant, powder, ointment, or perfume.

Do not smoke or be around smokers for 2 weeks prior to and 2 weeks after surgery. Smoking causes vasoconstriction of vessels which in turn causes slower and compromised healing time.

Bring your glasses with you to sign necessary paperwork. Do not wear contact lenses.

Do not take aspirin, ibuprofen, and vit E products for 2 weeks prior to and 4 weeks after surgery. You may take Tylenol if experiencing pain.

Start taking VitaMedica Healing Supplements (supplied to you through our office) 3 days prior to surgery. Read the contraindications on the vitamin box. If you have any of the listed contraindications, do not take and call our office and ask to speak to the nurse.

Wear comfortable, loose fitting clothing, a button-down shirt, easy slip-on pants, and flat shoes.

Check with Dr. Hardy or his nurse in regards to your medications that you usually take in the morning. A general rule is that heart and blood pressure medications should be taken with a small sip of water. Diabetic dosages may vary according to your diabetic Doctor's orders.

Make sure that all your financial obligations have been met with the office 2 weeks before surgery. If not, you run the chance of having your surgery cancelled or postponed.

SUPPLIES to have prepared prior to coming home from surgery:

- support (sports) bra with a front closure (no underwire)
- pillows
- thermometer
- over-the-counter gentle laxative and stool softener

## POST OP INSTRUCTIONS BREAST AUGMENTATION

### Office Hours:

Weekdays: 9:00 am – 5:00 pm: for any abnormalities or emergencies call 406-728-3811 and ask to speak to the nurse.

After hours & weekends: call 406-728-3811 and ask the operator to page Dr. Hardy.

Call the office immediately if you have:

- a temperature of 101 or greater
- redness that's beginning to spread away from the incision site
- any unusually painful swelling, redness & swelling, purple color & swelling
- any active bleeding saturating more than a 4x4 gauze
- any purulent "pus like" drainage coming from the incision site
- pain that is not relieved by your pain medication

### ACTIVITY:

Remember to:

- turn, cough and deep breathe every 2-3 hours while awake to expand your lungs for the first 72 hours.
- point your toes to the ceiling and push your heels downward frequently in order to prevent blood clots for 72 hours.

Keep your chest elevated on 2-3 pillows for 2 weeks or until all the swelling has diminished. Do not lie on either side for 6 weeks.

You may begin to do leg and lower body exercises, light walking after the first 14 days post surgery. Do not do exercises using the upper body for 6 weeks after surgery. Check with Dr. Hardy before resuming any exercise program.

Do not engage in sexual activity for 2 weeks after surgery.

Avoid bending down and picking up heavy objects.

- Do not pick up anything over 10 lbs for the first 4 weeks.
- At 4-6 weeks increase it to 25 lbs.
- 6 weeks you are free to lift anything.

Do not operate a motor vehicle:

- Until you can handle the steering wheel without causing any discomfort, usually 2 weeks.
- Within 24 hours of taking prescribed pain medication.

Do not raise arms or reach for objects (keep arms by sides) for the first 2 weeks. Someone will need to help you wash your hair. Gradually start increasing arm extension, but continue to not reach for objects for 4 weeks after surgery.

You may apply cold compresses for 20 minutes every 2 hours for the first 48 hours. Make sure you have a barrier such as a towel between your skin and the cold pack. This is to minimize your swelling and bruising. Please be careful that you do not fall asleep with ice on your surgical site, this could cause frostbite.

#### DRESSINGS:

Immediately after surgery, you will be wrapped in a wide ace wrap. The nurse will remove it the next day at Dr. Hardy's office, and re-wrap you with it. The next day, you may shower and apply your support bra (48 hours post surgery).

Keep your dressings dry. You may shower in 48 hours at which time you may remove your dressings.

Do not remove your steri strips. They will fall off in 7-14 days or be removed by your Doctor on your postop visit.

Do not submerge yourself in water or take a bath for 4 weeks after surgery. Avoid excessive heat (ie. Hot tubs, saunas, etc.) for 4 weeks.

Wear the support bra all the time for the first 6 weeks. You may remove it to shower or to clean it. Additional support bras may be purchased at local department stores(ie. JC Penney, Macy's, Walmart).

You may see little pimple-like blisters along your incision site. They may appear as tiny abscesses, wounds that won't heal, or as pimples. They're sutures that have not completely dissolved. They will dissolve over time, or if they are irritating, the nurse at Dr. Hardy's office can clip them.

If you have drains, you will need to:

- Strip or milk the drain tubings so they don't clot.
- empty the drain bulbs and compress them every 3-4 hours unless they become full sooner.
- The drains will be removed when they put out less than 25 cc in 24 hours. You will need to keep a 24 hour record of each drain output for the office nurse.

## MEDICATION:

Take your prescribed medications as ordered. Take your antibiotics until they're all gone.

Do not take aspirin, ibuprofen, and Vit E products for 4 weeks after your surgery. You may take Tylenol if experiencing pain.

Pain medication, anesthesia, and lack of exercise can cause you to have bowel problems (constipation). You can take a gentle over-the-counter laxative and stool softener.

## OTHER:

Do not smoke or be with smokers for 2 weeks after surgery. It will delay healing time.

When you have your 4 week follow-up, Dr. Hardy will instruct you on massaging your breast to help prevent scar tissue and capsule formation.

As you are healing, it is normal to feel different sensations in your breast area (ie. prickling, mild burning sensation at incision line, sensitive nipples)