

Pre-Surgery instructions are to help reduce risks associated with surgery and anesthesia, and promote healing in the recovery period.

As each procedure is unique and tailored to each individual patient, instructions will vary. Most will contain guidelines on your diet prior to the procedure, avoiding or taking certain medications and vitamins. Preparation begins at least 4 weeks prior to your surgery. This will include making any arrangements for time off work, making sure you have someone to drive you home and take care of you for a few days, if necessary. Patients traveling from out of town will need to make airline and hotel arrangements as well.

2 Weeks Prior to Surgery

Stop taking Aspirin, Ibuprofen, Motrin, Advil, or similar anti-inflammatory medication, as these medications increase bleeding. Stop herbal medication, supplements, and teas, as these substances may increase bleeding. Herbs with an increased risk of bleeding include but are not limited to: Vitamin E, Ginger, Ginseng, Garlic, Ginko, Kava and St. Johns Wort. Daily multivitamins are okay.

The Day Before Surgery

Stop all alcohol consumption, have a light dinner. **DO NOT** eat or drink after midnight prior to the day of your surgery. This restriction includes water, milk products, chewing gum, mints/candy, coffee, and juice. Your stomach should be empty for several hours before anesthesia.

The Day of Surgery

All patients are required to arrive at time instructed the morning of surgery.

Wear Your Brava System. Dr.Khouri Will Remove It For You

- ✓ Wear loose, comfortable clothing
- ✗ Do not bring jewelry, large amounts of cash, or other valuables
- ✗ Do not wear hairspray, perfume, or makeup
- ✗ Do not wear false eyelashes, or contact lenses.
- ✗ Do not wear dentures

YOU WILL NOT BE ALLOWED to drive yourself home, nor may you take a taxi alone. Please make arrangements for a friend or relative to take you home after surgery.

Another way to prepare for your surgery is to be sure you have the proper garment ahead of time. Most patients after having bilateral breast reconstruction and/or augmentation are unable to pull a shirt over their head. It is a good idea to get some soft, oversized button down shirts or even one that has a front zipper. Some even have pockets on the side. Some patients also have a difficult time of bending to put on shoes. Having a slip on or a sandal will definitely help. If you are traveling by car bring a pillow with you to help support your back and neck, especially if you have a long drive home. Also, having band aids and some gauze handy as you will have some oozing around the areas that have been lip suctioned. This is normal, however, having these items available are important.

After Anesthesia

- ✓ Plan to rest on the day of your surgery
- ✓ Advance your diet slowly from liquids to soft.
- ✗ Do not drink alcohol
- ✗ Do not drive a car or operate machinery until 24 hours after anesthesia
- ✓ Apply warm compress to any redness or swelling at the IV site in your hand or arm
- ✓ You will be given narcotic pain medication that contains acetaminophen.
- ✗ DO NOT take additional acetaminophen or Tylenol for pain or headaches.

Post-Operation Recovery

Recovery times will vary depending how extensive your surgery will be. Generally, most patients require several days to a few weeks of rest before getting back to their normal daily routine. Pain and discomfort from surgery can be controlled with medication. All breast reconstruction and augmentation patients will require follow-up appointments 2-3 days after surgery to assess progress during recovery, and Dr. Khouri encourages all of his patients to contact his office with any questions or concerns while they are healing

Preparing Your Home

The most important thing you can do to ensure a smooth transition from the hospital to the comfort of your home is to prepare as much as you can in advance. Lifting restrictions apply to every type of breast reconstruction. If you lift something and it hurts this means the item is too heavy. If you have small children you will not be able to lift them for at least a week. While it is a great to take a break from cleaning, some women have a hard time allowing their home to get a little messy. However, this is not a time to be cleaning. These lifting restrictions are in place for a reason.

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You should also set up your bed and bedside table in advance. On your bedside table you should have a hand held mirror, pain medications, Bacitracin or any other ointments prescribed, a telephone, magazines or event the remote to your TV.

You will also need someone to help drive you to your post-op appointments. You should not drive if you are taking any narcotic pain medications.