

## PREPARATIONS FOR BREAST AUGMENTATION SURGERY

**Date:**

**Arrival Time:**

### **FOUR WEEKS BEFORE YOUR SURGERY:**

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. **Aspirin-containing products or Ibuprofen should not be taken 2 weeks before or after your surgery.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my office of any homeopathic remedies you are taking prior to your surgery. Most herbal and homeopathic medications interfere with anesthesia, cause bleeding, and inhibit wound healing.

**Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery (this includes use of smokeless tobacco products, nicotine patches or gum). If you do not, then you need to tell Dr. Kenkel.**

### **THREE DAYS BEFORE YOUR SURGERY:**

Purchase Hibiclens soap from your local drug store and scrub your body thoroughly each night prior to your surgery. This will help decrease your risk for infection. You do not need a prescription to purchase this. Do not use this soap for your face and be careful not to get any Hibiclens near or in your eyes.

**Be sure to pick up your prescriptions so you will have them when you get home.**

### **THE EVENING BEFORE YOUR SURGERY:**

Take a shower, shampoo your hair and wash your face. Do not use conditioner or hair spray after shampooing.

Make some jello and/or soup for after surgery.

Get a good night's rest.

**Do not eat or drink anything after midnight.**

## **THE MORNING OF YOUR SURGERY:**

If you are taking medications, please discuss these with Dr. Kenkel. Some medications may need to be held the morning of your surgery.

Do not eat or drink anything.

Do not wear contact lenses, hairpieces or hairpins. Do not bring personal valuables such as jewelry or cash. Wear loose comfortable clothing, preferably a button or zip up top (do not wear a top that has to be slipped on over your head), loose pants, and comfortable, slip-on shoes.

Please be sure someone can drive you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. You will not be allowed to drive yourself home.

## **AT HOME AFTER YOUR SURGERY (Breast Augmentation):**

While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours. You may get up to use the restroom with help only.

A light diet is best for the day of surgery. Begin taking liquids slowly and progress to soups or jello. You may start a regular diet the next day.

If you have pain, take the pain medication as directed. It is best to take pain medication with crackers, jello, etc. Most patients do not experience a great deal of pain following breast augmentation but rather "soreness". You may begin taking ibuprofen (if not allergic or have been told not to by your doctor) immediately after your surgery with a meal. Alcohol and pain medicine should not be taken together.

You may move your arms and raise them above your head after surgery for light movements. Your arms should not be used to support your body or to lift anything heavy.

On rare occasion, we elect to place small drains to draw off any accumulating fluid after surgery. The bulb must be collapsed at all times. The fluid will need to be removed 2-3 times a day and recorded, so we can determine when to remove this. Drains are typically removed the first 2-4 days. Please remember to bring your record with you to your appointment.

Your incision will have glue on it as a dressing. You do not need to do anything special other than keep it clean. Do not pick at it. Let it come off on its own. You may shower as you like.

It is very important that you keep your supportive bra on for 24-hours a day. After you have had time to heal you may purchase a comfortable, supportive underwire bra for daytime use, and a sports bra for sleeping. It is very important that you wear a bra for the first 3 months or as directed. This will help prevent your implants from settling too low.

**Between day 3 and 5, you may be instructed on proper exercises for your implants. Typically we will displace your implants up toward your collar bone and in toward your sternum. We will avoid pushing your implants downward or in a lateral direction.**

## **POSTOPERATIVE INSTRUCTIONS**

### **Call my office immediately if:**

1. You have a sudden onset of pain, fever, or redness.
2. You are concerned about anything.

**Be particularly alert for fever (oral temperature greater than 101°), excessive pain at the surgical incisions, nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heart beat, or rapid breathing rate.**

### **GENERAL INFORMATION**

Strenuous activities and exercise are to be avoided for at least 2 weeks after your surgery. You may gradually resume normal activities after 48 hours being careful to avoid any activity that causes pain or discomfort. Strenuous activity/heavy lifting of objects greater than 5 lbs should be avoided for 3-4 weeks after your surgery or until directed by Dr. Kenkel.

Driving may be resumed when a sharp turn of the steering wheel will not cause pain and you are off of pain medicine. This is typically between 3-7 days.

Bruising and swelling are normal. This will disappear with time.

Unusual sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided. Use a sunscreen with an SPF20 or greater that contains zinc oxide for at least 6 months after the incisions are healed.

Please take all medication carefully and as directed. Please follow all instructions which may accompany the medications, such as taking it with food or avoiding alcohol, driving restrictions, etc. Take medications at the specific times they have been ordered. Failure to take your medications as instructed could influence your results.

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.

If you develop a fever (oral temperature greater than 101°), redness or increased pain at the surgical incisions, please call us immediately.

**OUR TELEPHONE NUMBER IS (214) 645-2353  
(answered 24 hours a day)**