

Bilateral Chest Contouring with Free Nipple Grafting (FTM)

Pre & Post Operative Instructions

Understanding Your Surgery with General Anesthesia:

General Anesthesia: This type of anesthesia renders you completely unconscious during the procedure, ensuring you feel no pain and have no memory of the surgery. It is typically used for more extensive operations and requires careful monitoring by an anesthesiologist.

- **Instructions:** Nothing to eat or drink 8 hours before surgery. This includes water, mints, candy, or gum.
- **Post-Surgery Transportation:** It is mandatory to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - **Why?:** After surgery, especially with general anesthesia, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period. If you do not arrange for transportation and care for at least 1-2 days, then your surgery may be canceled, at your expense.

Shopping List

- ☐ Tylenol (Acetaminophen): Alternative to narcotic pain medication if pain is not severe. Do NOT take NSAIDS (such as Ibuprofen & others).

Pre-Operative Instructions

Medication Management Before Surgery: Guidelines for Minimizing Bleeding Risks

These are general recommendations. For more information please refer to the email: [Preoperative Instructions for Your Upcoming Surgery](#) &/or contact our office for a safe plan tailored to your health needs and surgical procedure

- **Aspirin and NSAIDs:** Please discontinue use at least 3 weeks before your surgery, unless otherwise directed by your surgeon.
- **Anticoagulants (Warfarin, Heparin, Direct Oral Anticoagulants):** The discontinuation schedule varies. Please consult your surgeon at least 3 weeks before surgery to discuss a tailored plan, which may include temporary adjustments to your regimen or bridging therapy.
- **Herbal Supplements and Vitamins:** Discontinue any herbal supplements and vitamins that can increase bleeding risk, such as vitamin E, fish oil, ginkgo biloba, and garlic, at least 2 weeks prior to surgery.
- **ADD / ADHD medications** are to be avoided the day before surgery.
- **Contrave (Naltrexone-containing meds):** Patient must consult with the prescribing physician about when & how to stop this medication prior to surgery.
- **Weight Loss Meds (Ozempic, Wegovy, Semaglutide, ect.), & Biotin.:** are to be stopped 2 weeks prior to surgery.
- **Illicit Drug Use:** Please be honest about any illicit drug use during the preoperative assessment. Your safety is our priority and accurate medical information is crucial for planning a safe and effective surgical procedure.
 - Illicit drug use can have significant interactions with anesthesia and other medications administered during surgery, potentially leading to complications.
 - **Examples of the most important substances to mention include:**
 - Cocaine & Meth.

Consultation Is Key: If you are taking any of the above medications or supplements for chronic conditions, do not stop them without first consulting with the physician who prescribed them and your surgeon.

Together, we will develop a safe plan tailored to your health needs and surgical procedure.

4 Weeks Before Surgery

- **Reducing/Stopping Nicotine:** We strongly recommend reducing or ideally stopping nicotine (including cigarettes, oral tobacco, e-cigarettes with nicotine, patches, lozenges, and/or gums) for 4 weeks before and after your surgery.
 - **Why?:** Nicotine can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow to the surgical area, affecting healing and recovery. Any reduction in nicotine exposure is beneficial and contributes positively to your surgical outcome.

2 Weeks Before Surgery

- **Alcohol Consumption:** We encourage patients to reduce or stop alcohol consumption for at least 2 weeks before and after surgery.
 - **Why?:** Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, but can significantly improve your recovery experience.

The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- **Shower or Bath:** On the day of surgery, please take a shower or bath using soap (either antimicrobial or non-antimicrobial).
 - **Avoid Applying Products:** Do not apply any lotions, perfumes, or other products to your skin after bathing.
- **Medications:**
 - **Blood Pressure Medications:**
 - Take your blood pressure medication as usual, including the day of surgery. On the day of surgery, take it with only a small sip of water.
 - **Diabetes Medications:**
 - DO NOT take any oral and/or injectable diabetic meds the night before or the morning of surgery.
 - Only take medications approved or prescribed by your surgeon with a small sip of water.

- **Fasting:** Adhere to the fasting instructions provided by your surgical team. Typically, this means no eating or drinking, including water, for 3 or 8 hours before your surgery. Check your paperwork or email our office for further guidance, if needed. This information will be on the 1st page of this document.
- **Jewelry and Valuables:** Remove all jewelry and refrain from bringing valuables to the clinic, including piercings from the neck up. We cannot take responsibility for lost items.
- **Makeup and Skincare Products:** DO NOT wear any makeup or apply skincare products on the day of your surgery.
- **Menstruation and Surgery**
 - If you are on your menstrual period on the day of surgery, you may wear a sanitary pad or disposable underwear.
 - For safety reasons, internal menstrual products (such as tampons or menstrual cups) are not used.
 - After surgery, if you need menstrual supplies before leaving the facility, pads can be provided upon request. Application of any menstrual product is performed by the patient.
- **Clothing:** Opt for loose, comfortable clothing that doesn't need to be pulled over your head. A button-up or zip-front top is ideal for after the surgery.
- **Communicating Questions or Concerns:** If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for contact information.

Our team is committed to making sure you feel fully prepared and confident in the care you'll receive.

Post-Operative Instructions

Medications

1. Tylenol (Acetaminophen):
 - Pain Relief: Tylenol is safe to take for managing pain. Please avoid NSAIDs such as Ibuprofen and Aleve, as they can increase the risk of bleeding.
2. Narcotic Pain Medication:
 - Prescription Medication: If you received a prescription for narcotic pain relievers, take them as directed for pain management. Be aware that these medications can cause constipation.
 - Preventing Constipation: You will be prescribed a laxative and a stool softener to prevent constipation. It's important to start taking these with your first dose of narcotic pain medication. Additionally, increasing dietary fiber, fluid intake, and physical activity can help manage constipation.
3. Zofran (Ondansetron):
 - Nausea Prevention: Zofran is prescribed to help prevent nausea and vomiting, which can be common after surgery. Take this medication as directed, particularly before meals or as soon as you feel nauseated.
4. Antibiotics:
 - Infection Prevention: If you've been prescribed antibiotics, it's crucial to complete the full course as directed, even if you start feeling better. This helps prevent infection and ensures the effectiveness of the treatment.
5. Sinnech (Arnica Montana):
 - Reducing Swelling and Bruising: Sinnech is a homeopathic Arnica montana regimen that you'll take to help reduce swelling and bruising. This can potentially speed up your recovery process. Please follow the specific dosage instructions provided.

Nutrition

- Diet: Start with small light meals and progress as tolerated.
- Hydration: Stay hydrated with plenty of water. A general guideline is to aim for at least 8-10 glasses of water per day (about 2 to 2.5 liters). Limit or avoid caffeine and alcohol.

Activity

- **Movement is Important:** Make sure you are up and walking around immediately after your surgery. This helps prevent Deep Vein Thrombosis (DVT), a condition where blood clots form in the veins, usually in the legs. Regular movement improves blood circulation and reduces the risk of clots. Start with gentle walks around your home and gradually increase activity as recommended by your surgeon.
- **Arm Movement:** Limit upper body and arm movement. Do not lift arms above shoulder height or lift anything heavier than 5–10 lbs for 2–4 weeks. This is general guidance. As each patient is different, please consult with your surgeon for specific guidelines regarding activity if this is especially important to you.
- **Sleep:** Sleep on your back with your head and torso elevated (~30–40°) for at least 1–2 weeks to minimize swelling and protect grafts.
- **Driving:**
 - Do not drive while taking narcotic pain medication.
 - Most patients can resume driving safely after 1–2 weeks once they are off narcotics, have good arm mobility, and feel safe controlling the car.
 - Avoid long drives or manual-shift driving for about 3 weeks.
- **Exercise:** Avoid strenuous activity, overhead lifting, or upper body workouts for at least 6 weeks or until cleared by your surgeon. This is general guidance. As each patient is different, please consult with your surgeon for specific guidelines regarding activity if this is especially important to you.
- **Return to Work:** Most patients return to work within 10–14 days, depending on job duties. For specific guidance, please consult your surgeon.
- **Sexual Intercourse:** You can resume sexual activity when you feel ready, which is usually around 2–4 weeks after surgery, & once your incisions are well healed.

What to Expect

- **Bruising & Swelling:** Common for the first 2–3 weeks and will gradually improve.
- **Tightness or Numbness:** You may experience numbness, tingling, or tightness across the chest. Sensation typically improves over several months.
- **Drainage:** Mild blood-tinged fluid is normal in the first 48–72 hours.
- **Graft Appearance:** Nipple grafts may appear pale or discolored in early healing. This is expected. Your surgeon will assess graft viability at follow-up.
- **Scarring:** Scars will appear red and raised initially, then fade over time. Scar gel may be started after incision healing.

Bathing & Swimming

- **Showering:** You may shower, with assistance, 24–48 hours after surgery. Your incisions are covered with waterproof dressings and require no special care during this time.
- **Hot Tubs/Baths/Swimming Pools.** No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

How to Care for Your Incisions

- Incisions will be covered with surgical glue or dressings. Do not remove or disturb dressings unless instructed.
- Do not apply hydrogen peroxide, alcohol, or topical products to incisions.
- Scar gel may be recommended once incisions are fully healed, typically after 3–4 weeks.
- **Stitches:** All stitches are dissolvable.

Nipple Graft Care

- Do not apply any ointments, creams, or gels to the graft site unless specifically instructed.
- Avoid pressure, rubbing, or friction on the chest and nipple areas, including from tight clothing or sleeping on your stomach.
- Keep all surgical dressings in place until your first post-op appointment, usually scheduled within 48 hours after surgery. Your provider will remove the dressings and

review your wound care instructions at that visit.

Note: Some patients may receive bolster dressings placed over the nipple grafts. These are soft, padded dressings that apply gentle pressure to help the grafts stay in place and heal properly.

If you received bolster dressings:

- They should remain undisturbed for 5–7 days, or until your surgeon removes them at your first post-op visit.
- Do not allow water to drip onto the chest or bolster dressings.
- You may gently wash the rest of your body with a clean cloth and soapy water, avoiding the chest area.

Drain Care (If Applicable)

- Some patients will receive a drain. Drains are used to remove fluid buildup. You will receive specific instructions on how to care for your drain, including: how to empty and record drain output - if needed.
- Keep the drain site clean and dry.
- Drains are typically removed in the office within 5–10 days, depending on the output.

Emotional Recovery

It's normal to experience a range of emotions after surgery, especially when the appearance of your body changes. Some patients feel relief, while others may go through moments of doubt or grief. Please know that these feelings are valid and part of the healing process. You're not alone, and support is available if you need it.

Signs of Infection or Complications

It's important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication

- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

Follow-up Care

- **Prioritizing Appointments:** Attending follow-up appointments is crucial for monitoring your recovery & ensuring the effectiveness of your treatment.

Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: clinicalrn@drshimching.com	• General recovery questions • Appointment inquiries • Prescription refills
Urgent Questions or Concerns	Office Phone: (808) 585-8855 <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	• Swelling, bruising, or redness • Severe pain • High fever • Unusual discharge or odor • Uncontrolled bleeding
Medical Emergencies	Call 911 or go to the nearest emergency room	• Difficulty breathing • Chest pain • Severe calf pain • Signs of heart attack or pulmonary embolism

Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.