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Breast Lift Instructions

Before your surgery:

1. *It is important to make sure you are not pregnant.*
2. *Avoid taking aspirin and all aspirin products prior to and after your surgery one week. If needed, use Tylenol instead. Also avoid using Vitamin E. This interferes with blood clotting.*
3. *Use a germ-inhibiting soap (Dial, Lever 200, etc.) for bathing or showering for 2-3 days prior to your surgery.*
4. *Have all your prescriptions filled prior to surgery. Do not take pain medication on an empty stomach and avoid alcohol. Bring your pain medication with you to surgery. We will give you one before you leave the office.*
5. *Make plans for someone to bring and pick you up from surgery. You will need to also have someone stay with you for the first 24 hours. You will need assistance going to the bathroom.*
6. *If you are taking any diet pills (whether over the counter or by prescription) and your surgery involves general anesthesia, you must be off of them two weeks (14 days) prior to your surgery date. These pills increase your risks with general anesthesia.*

The Night Before your Surgery:

1. *Please avoid alcohol.*
2. *Get a good night sleep.*
3. *Nothing to eat or drink after midnight.*

The day of your surgery:

1. *Be at the office at least 30 minutes prior to your surgery time.*
2. ***DO NOT EAT OR DRINK ANYTHING.***
3. *If you routinely take a medication in the morning such as blood pressure or birth control pills, you may take them the morning of your surgery with a small sip of water.*
4. *Wear loose fitting comfortable clothes. Your shirt must button down the front. Please wear flat shoes and no pantyhose. It is a good idea to wear sweat pants – they will help you to stay warm in the Recovery Room.*
5. ***DO NOT WEAR JEWELRY. PLEASE LEAVE YOUR VALUABLES AT HOME.***
6. *Please remove your contact lens before your surgery.*
7. *I will plan on calling you the evening of your surgery. Please let me know the number where I can reach you.*
7. *It is very important that you do not put any oil or lotion on your body the morning of your surgery.*

AFTER YOUR BREAST SURGERY:

1. *You will have gauze over the incisions. A bra will be provided also. You can remove all of this after 48 hours and take a shower.*
2. *You may get up to go to the restroom. Assistance may be needed if you are still drowsy from the sedation. Some patients are more comfortable lying flat, while others prefer to recline. Please do whatever is most comfortable for you.*
3. *Post-op anesthesia: Please take deep breaths and cough frequently following your surgery. This will diminish the chances of respiratory problems associated with general anesthesia.*
4. *Ice will be necessary for 48 hours after surgery to minimize swelling and bruising. It may also reduce the pain.*
5. *Take medications according to instructions. The greatest period of discomfort will be the first 12-24 hours. After this time you may find you need the medication less frequently. Something like Extra Strength Tylenol may supplement or replace the narcotics after the first two days. You can expect to feel some discomfort such muscle soreness, or sharp shooting pain for as long as 2 weeks post-op.*

6. Call our office **(767-7575)** if you have:

-Severe pain not responding to the prescribed pain medication.

-More pain, swelling, and/or bruising on one side than the other

7. Avoid alcohol as long as you are taking prescribed medications.

8. When you feel up to it, you may take a tub bath, but do not get your dressings wet. On the 3rd day, you may take a shower. You may need help dressing and undressing.

9. A bra must be worn for 3-4 weeks day and night after surgery. No underwire bras until your incisions are well healed.

10. Do not play vigorous sports or exercise for the first 3 weeks.