

INSTRUCTIONS FOR BREAST SURGERY PATIENTS

Surgery Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Surgery Time: \_\_\_\_\_  AM  PM Time of Arrival: \_\_\_\_\_  AM  PM

Pre-Operative Instructions:

- ⇒ No Aspirin-containing medications two (2) weeks prior to surgery. Review DRUGS THAT CAUSE BLEEDING PROBLEMS document. Limit vitamin E to less than 400 mg daily.
- ⇒ We recommend taking ARNICA MONTANA before/after surgery to help decrease bruising & swelling and Vitamin C
- ⇒ Use Anti-bacterial soap in the shower daily a minimum of three (3) days prior to surgery
- ⇒ Report any signs of cold or infection within two (2) weeks of surgery
- ⇒ Make EVERY effort to stop smoking three (2-3) weeks before surgery. Review/sign SMOKERS CONSENT document if applicable
- ⇒ No alcohol for five (5) days prior to surgery
- ⇒ Make arrangements for transportation home after surgery and care for the first 24 - 48 hours after surgery

Night Before Surgery Instructions:

- ⇒ Nothing to eat or drink after midnight the night before surgery

Day of Surgery Instructions:

- ⇒ Nothing to eat or drink (including water, gum, candy, mints, etc.)!
- ⇒ Only take medications if instructed by us with a sip of water
- ⇒ No smoking
- ⇒ Wash surgical area with anti-bacterial soap
- ⇒ Wear loose fitting clothing, nothing over head & wear tennis shoes or slippers (slip-on shoes)
- ⇒ Do not wear jewelry (or remove before surgery)
- ⇒ No make-up, including eye make-up, lotions, moisturizers, creams and no contact lenses
- ⇒ It is recommended to bring medications with you

Post-Operative Instructions, Recovery:

- ⇒ First 24 hours after you return home from surgery, bed rest. You may use the bathroom.
- ⇒ Fluids are extremely important. Drink fluids such as Gatorade, clear juices or water.
- ⇒ You must wear your surgical bra at all times until instructed otherwise. No under-wire bras for usually 4-6 weeks. Keep your dressing as dry and clean as possible.
- ⇒ Elevate your upper body with pillows or a reclining chair. Elbows should remain at your sides. After the first day you may raise your hands no higher than the top of your head with your elbows forward.
- ⇒ No running, aerobics, lifting, etc. for a duration of 4 weeks after surgery or until authorized by the Dr.
- ⇒ You may shower 48 hours after surgery. Remove your surgical bra and all gauze pads. Wash with warm soapy water and pat dry. Put your garment back on. You do not need to recover your incisions. This is a good time to wash/dry your garment.
- ⇒ No smoking for 2 weeks or alcohol for 2 days after surgery
- ⇒ Swelling and/or bruising is normal
- ⇒ Take medications according to instructions. Do not take aspirin containing medications for 3 days after surgery, and limit vitamin E to 400 mg daily.
- ⇒ If you have excessive bleeding, pain, or temperature elevation over 100 degrees, call the office at 248-720-2544.

If there are additional questions or concerns, call our office at 248-720-2544 or  
the Dr's answering service at 248-544-6989

**FOLLOW-UP APPOINTMENT:** \_\_\_\_\_