

## **Instructions for Augmentation Patients**

### **Before Surgery:**

- Maintain a well balanced diet prior to your surgery. Good nutrition is important for healing. If possible, increase your protein intake. Take a multivitamin daily prior to and after surgery. It is also helpful to begin taking Vitamin C. You may take between 500 and 1000 mg three times per day. However, you should discontinue all vitamins and supplements for the 2 weeks prior to surgery.
- Do not take aspirin or aspirin-containing products, ibuprofen (Advil, Motrin, Nuprin), naproxen (Aleve, Naprosyn), or high doses of Vitamin E for two weeks prior to and after the surgery.
- If you smoke, you need to **STOP SMOKING** and avoid second-hand smoke. This is imperative to ensure proper healing.
- Do not eat or drink anything after midnight the night before surgery.
- On the morning of surgery, you may brush your teeth and rinse your mouth. Do not wear make-up, nail polish, jewelry, or contact lenses. Wear loose fitting clothing that can easily be removed and put on (button down or front zipper shirts are preferred).

### **Shopping List: (items that are helpful to have on hand before surgery)**

- A support bra according to the size of your upcoming augmentation.
- Gel ice pack or packages of frozen peas or corn that can be placed in clean pillowcase and used for ice packs after surgery for the first 24-48 hours.
- Food items such as soup, toast, yogurt, non-acidic/non-spicy juices and foods.
- Stool Softener (Colace, Senokot)

### **After Surgery:**

- You will be given a prescription for pain medication. Take it as directed. It is important that the medication be taken with food to decrease stomach upset.
- Avoid lifting objects 10 pounds or more for two weeks after surgery.
- You can shower the morning after surgery. If you have an Ace wrap on, you may remove this, take a shower and then place your sports bra on if you are coming to the office that day. If you have any dressings on, they will be of a clear variety and they do not need to be removed. They can get wet in the shower. Do not try to remove these; they will be removed in the office.

- You will follow up with your surgeon 1-3 days after surgery to have your dressings removed. Bring your sports bra along. You will wear the support bra 24 hours per day for 2-4 weeks after surgery.
- You will return to the office in one week.
- Please do not participate in strenuous activities such as jogging, aerobics, or tennis for six weeks after surgery.
- You will be given instructions on scar tissue massage. Your doctor will tell you when you are to begin massage, usually 1-2 weeks after sutures are removed.

*If you have any questions or concerns, please do not hesitate to call the Plastic Surgery office at 414-805-5440 during business hours.*