

BEFORE SURGERY INSTRUCTIONS

- If you have any questions before or after surgery please feel free to call.
- Do not take aspirin, herbal supplements, diet pills, antihistamines, Ibuprofen, Advil, Motrin or Aleve or medications containing blood-thinning agents for two weeks before and after surgery. You may take Tylenol for pain.
- For breast surgery, we recommend you reduce (or quit) the use of tobacco products. For example, if you smoke a pack a day- try to reduce to ½ a pack a day. Do not smoke the morning before surgery.
- If you develop cold symptoms or any signs of infection within a week of your surgery, please notify the office.
- Do not eat or drink for 8 hours prior to your arrival time.
- You must arrange a responsible friend or family member to drive you home. We will not allow a cab or car service pick you up unless you are with a responsible adult.

THE DAY OF SURGERY

- You may brush your teeth.
- Do not wear make-up or jewelry. Remove piercings if possible.
- Wear a top that zips or buttons, comfortable pants without any metal on them, and flip flops or slip on shoes. You will be wearing your pants during surgery.
- Bring your surgical bra. Please wash the bra before your surgery.
- Have your prescriptions filled and bring medications with you.
- Do not bring money or valuables.
- Please wear a feminine pad if you are on your menstrual cycle.
- After surgery, we recommend that you eat a light meal (whatever you prefer), drink plenty of liquids, take medicine as prescribed, and relax. ☺

MEDICATIONS

Within the first 4 hours of arriving home from surgery, we recommend that you eat a light meal & drink plenty of liquids before taking your medication. Do not take meds on an empty stomach.

Start all medications after surgery {except the optional Valium}

ANTIBIOTIC **Keflex** (Cephalexin) 500 mg tablet, take one pill 3x a day for 5 days
Most important prescription for after surgery. Please finish the entire bottle. Food is required when taking these medications. If you are allergic to penicillin, you will be given **Cipro** 500mg. Take one pill 2x a day for 7 days (14 pills total)

PAIN PILL **Norco 5/325mg** - Take ½, 1 or 2 tablets, every 4 to 6 hours as needed
Do not exceed 8 pills in 24 hours. Switch to Extra Strength Tylenol as soon as you feel comfortable enough to do so. Pain pills can cause constipation. Colace (over the counter laxative) along with adequate fluid intake can help decrease this effect.
If you are allergic to codeine, **Tramadol 50mg** will be prescribed.

MUSCLE RELAXER **Robaxin** (Methocarbamol) 750mg, one pill every 4-6 hours as needed
This will help tremendously with the tight, sore feeling you will experience the day(s) following surgery.

OPTIONAL MEDICATION

NAUSEA **Zofran 8mg** Take 1 every 8 hours as needed for nausea. It is not uncommon to have a slight degree of nausea following surgery. Adequate fluid intake will also help alleviate nausea.

NIGHT BEFORE **Valium** (Diazepam) 5mg. You may take one tablet the night before surgery if you are anxious, excited, nervous, or cannot sleep.

If you develop a rash, persistent nausea, excessive swelling in one breast, or question not covered in the folder, please call the office at 713.627.1200. We may need to see you for an appointment or change your medication. If you call before or after office hours, please leave a message with the answering service. If urgent, request an after-hours return call. All other messages will be returned the following business day.

AFTER BREAST SURGERY INSTRUCTIONS

SCHEDULE Your follow-up appointments will be the week following your surgery (typically) and again at 3 months after surgery. (This may vary for out-of-town patients.)

ACTIVITY Take it easy for the first few days following surgery. You may resume light activities such as walking or light lifting (under 20 lbs.) as you feel comfortable. Avoid aerobic activities which raise your heart rate for the first 4 weeks. At 4 weeks you may exercise at 100% intensity. I recommend not doing exercises which use your chest muscles (such as push-ups or bench press) as this could shift the implants. You may drive when you feel capable but not under the influence of pain medication. Sex can be resumed at your discretion (gentle on the breasts). Most patients return to work within a few days.

MEDICATIONS Once you are home, eat something light (whatever you prefer) and begin taking your medication as prescribed (see instruction sheet).

BRA After surgery, you will be placed in a surgical bra which you should wear for the first 2 weeks. You may remove this occasionally during the day to massage. After this you may switch to bras of your choice. Look for one that is comfortable and gives good support. Underwire bras are OK. It is extremely important that you wear a good support bra to help your breasts maintain their shape over time and also recommend always wearing a light supportive top to sleep in.

INCISION After two weeks you can remove your steri-strips and begin applying Scarfade gel. You will see the tail end of the stitch hanging out once you remove your tapes, this may be cut with fingernail clippers near the skin. There are no other sutures to remove, they will dissolve over time.

BATHING After surgery you may have gauze pads placed in your bra that can be removed after 24 hours. You are able to take a shower after 24 hours. Try to keep your incisions dry for the first two weeks. It is OK if the incision gets a little damp. Shower to your back but do not soak in the tub or pool water.

MASSAGE
(FOR IMPLANT PATIENTS) You will begin massaging after your first follow up. The goal is to move the implants to prevent capsular contracture and keep the breasts soft. We have an instructional video on our website. MASSAGE 3 TIMES A DAY, for 10 MINUTES TOTAL TIME, for the first 3 MONTHS!!

WHAT TO EXPECT Initially, your breasts will seem high and tight. A moderate amount discomfort is to be expected for the first few days. This will improve daily. It is not unusual for the two breasts to differ in how they look, feel, and settle in the early phase. Be patient. Don't expect much change the first week. By the second week they start to soften and by 3 months they are usually settled.

CONCERNS Excessive swelling (50% larger than the other breast) or severe bruising on one side, extreme redness, or fever over 102. Please call the office immediately.

RECOVERY

For most women breast surgery is a fabulous, life changing event. It is important to keep in mind that recovery following breast surgery is a process that takes time. For the first few months you will see many changes and feel new sensations. Most of these are totally normal and expected.

During your recovery, your breasts may:

- Feel sore
- Breasts be high and tight
- Be asymmetrical (this will improve over healing time)
- Have some minor bruising
- Feel or hear sloshing / crackling sounds around breasts
- Be slightly swollen
- Be tender to touch
- Experience sharp pains, nerve tingling or burning sensations
- Have some nipple sensitivity and discharge
- Feel numb
- Experience irritation from the tape, adhesives, surgical soap, or bra
- Have some residual blood or bleeding on the tape

You may also feel:

- Bloating
- Tired
- Constipation
- Anxious
- Restless
- Unable to sleep at times
- Difficulty taking a deep breath
- Tension in back and shoulders
- Soreness around and under arms

All of these expectations and sensations are normal. It is very normal to have one breast feel more pain or discomfort than the other. Also, it is normal if one breast drops or becomes softer faster than the other-- DON'T be alarmed! And, remember these first three months are a big recovery period. You will see changes each week. Sit back, relax and enjoy the experience!

*For breast implant patients, we will show you the massaging techniques at your first follow-up appointment. DO NOT START MASSAGING until this appointment. *

Some things we would want to be concerned about would be a very large bruise (larger than your hand) on your breast; an extreme, increase in swelling in one or both of your breasts, or if the skin becomes bright red and very tender after the first week. All of these signs would need to be seen by the doctor.

Call us at 713-627-1200 if you have any questions!

THE CIARAVINO STAFF

BEFORE SURGERY

Before surgery, you can play an important role in your own health. Because skin is not sterile, we need to be sure that your skin is as free of germs as possible before surgery. You can reduce the number of germs on your skin by carefully washing before surgery. Following these instructions will help you be sure that your skin is clean before surgery.

INSTRUCTIONS

1. Shower or bathe with CHG the night before your surgery and the morning of your surgery. Do not shave the area of your body where your surgery will be performed.
2. With each shower or bath, wash your hair as usual with your normal shampoo.
3. Rinse your hair and body thoroughly after you shampoo your hair to remove the shampoo residue.
4. Then apply the CHG soap to your entire body **ONLY FROM THE NECK DOWN**. Do not use CHG near your eyes or ears to avoid permanent injury to those areas. Wash thoroughly, paying special attention to the area where your surgery will be performed.
5. Turn water off to prevent rinsing the soap off too soon. Wash your body gently for five (5) minutes. Do not scrub your skin too hard. *Do not wash with your regular soap after CHG is used.*
6. Turn the water back on and rinse your body thoroughly.
7. Pat yourself dry with a clean, soft towel.



When to wash: NIGHT BEFORE and MORNING OF SURGERY