DR. JUAN CARLOS FUENTES  
Plastic Surgery  

BREAST LIFT AND REDUCTION SURGERY INSTRUCTIONS:

TWO WEEKS BEFORE YOUR SURGERY:

1. Please let me know if you smoke or if you are taking any medication. **Do not smoke for two weeks before the surgery and two weeks after, to avoid complications as skin necrosis or slow healing.** Do not take any products that contain aspirin, ibuprofen, fish oil supplement, green tea, black tea, ginseng, gingko biloba, diet pills or vitamin “E” for a period of 4 weeks before surgery and 1 week after surgery, these can create excessive bruising or bleeding that. Please read the list of medicines and supplements to avoid before any elective surgery. If you have a headache or pain, take Tylenol. Please read the list of drugs to avoid before the surgery, to check you do not take any of them.

2. If you develop any signs of infection, pustules or boils on your face, please notify our office.

3. Please have the following lab work performed 4 weeks before your surgery and have the results faxed or emailed to our office: (1) CBC, (2) Routine urinalysis, (3) H.I.V. (4) PT,PTT and INR, (5) Hepatitis B and C, (6) Chem. Panel, (7) Pregnancy Test. **We must have the results 3 weeks before your surgery.**

4. You must have a current chest X-ray film and Electrocardiogram if you are over 50 years and the results must be sent to our office two weeks prior to your surgery. The chest X-Ray and electrocardiogram must be done within the last six months. If you have not had these tests done, set up an appointment with your family physician or nearby hospital. Do not send the actual X-Ray film, only a copy of the results is necessary. The same applies to the Electrocardiogram. If you have any question, call our office.

TWO DAYS BEFORE YOUR SURGERY:

1. For a period of two days prior to surgery, thoroughly cleanse your Breast for five minutes once daily using Betadine. Purchase Betadine scrub (if you do not have allergy to Iodine) at a drug store. No prescription is needed. Another option is to use an antibacterial soap as DIAL.

2. You must remove acrylic nails from thumb and first finger from both hands to accommodate our monitors.

3. Eat a light, easily digested meal the night before surgery. No foods or any liquid (including water) after 12:00 midnight.

4. Please call our office to confirm the exact time of your surgery. Usually you should be at the office at 7:30 am.

THE DAY OF YOUR SURGERY:

1. The surgical facility is not responsible for any valuables therefore, we suggest that you remove all types of jewelry and leave them at home. This includes eyeglasses and purses.

2. Wear something comfortable that buttons or zips up the front. Do not wear any make up acrylic nails, wigs, hair extensions or anything that is tight fitting over your head. Do not wear high heels. You will be more comfortable wearing old lose pants and slippers.
3. **You must arrange for someone to drive you to our office and home after your surgery.** When you arrive at our office, let the receptionist know who will be taking you home and they will be given a time to pick you up. We need to have the telephone number of where you will be recovering when you leave our office.

**AFTER YOUR BREAST LIFT SURGERY:**

1. **ACTIVITY:** After your surgery, please go directly home and remain in bed until the following morning. Because of medication you need someone to spend the night with you. You are allowed up to go to the bathroom with help. You will be on restricted activities the days after surgery, please discuss with your doctor. Do not drive for the first week after the surgery. You will be able to resume strenuous exercise 3-4 weeks following your surgery.

2. **DIET:** You may have liquids as tolerated then to soft foods and to a regular diet. If you become sick go back to liquids. It is best to stay on soft foods for the first week. Avoid spicy food, or salt in your diet for the first 2 weeks.

3. **MEDICATIONS / PAIN:** You will experience minimal post-operative discomfort. You have to fill a prescription for your surgery (antibiotic and pain killers). Take the medications as directed (no alcohol is permitted while taking medication). If you have excessive pain, please call the office or the emergency number.

4. **WOUND CARE:** Your wounds will be dressed the day of your surgery with a brassiere. Slight signs of blood may show through on the bandages, but excessive swelling or if bandages seem too tight should be reported to our office. The incisions will be checked at your first postoperative visit. Swelling and discoloration is expected, as is uneven swelling (more on one side than on the other). About 70% of the swelling is gone 21 days after surgery. Do not apply heat to the breast for three weeks following your surgery.

5. **SMOKING:** Avoid smoking for a minimum of 2 weeks before and 2 weeks after the operation to help minimize ischemia (lack of oxygen) affecting the tissues and the risk of necrosis or infections. Do not allow that people smokes close to you.

6. **DRIVING:** Do not drive until doctor says it is safe to do so; usually up to seven days after surgery.

7. **BATHING:** Ask your doctor before bathing. Use only a washcloth to the non surgical areas. Remember to keep the incision dry.

8. **SPORTS:** Strenuous sports may be resumed after four weeks. Refrain from any activity that significantly raises your body temperature, blood pressure or pulse, for three weeks after your surgery.

9. **SUN EXPOSURE:** Do not sunbathe for 4 weeks after surgery. Avoid all sun exposure to unprotected incisions for a minimum of 6 months following surgery. You must use always a sunscreen (UVA Guard Shade) with a minimum of SPF 15.

10. **CLOTHING:** You have to wear a brassiere all the times to avoid tension on the incisions.

11. **POST-OPERATIVE VISITS:** Subsequent office visits will be determined according to your progress.CosMed Clinic: 619 202 4443 or Emergency Line: (619) 572-1928

CosMed Clinic calling from Mexico: 664 634-1903, calling from the U.S. 619 202 4443 or Emergency line: 619-572-1928.
Please leave the phone number where you will be recovering after your surgery (after care facility or hotel with room number).

THE OUTCOME OF YOUR SURGERY IS IN YOUR HANDS AS WELL AS THE DOCTOR’S. IT IS YOUR RESPONSIBILITY TO FOLLOW ALL INSTRUCTIONS GIVEN TO YOU.

OUR GOAL IS TO HAVE THE FINEST SERVICE AVAILABLE RESULTING IN A HEALTHY AND HAPPY PATIENT!

THANK YOU FOR YOUR CONFIDENCE,
DR. JUAN CARLOS FUENTES