

PRE-OP AND POST-OP INFORMATION- **BREAST SURGERY**

BEFORE YOUR SURGERY DATE

___ Pick up a couple inexpensive sports bras- make sure you get the type that will either zip or hook in the front. You will want one a size bigger than you **plan** to be to accommodate swelling and one about a size bigger than you would wear now. Make sure they also support the sides of your chest (If you are unsure which one to buy, purchase several, leave the tags on, and return what you don't use)

___ Purchase several bags of frozen peas or blueberries to use after surgery

___ Fill prescriptions for the post op period

DAY OF SURGERY

___ Stomach should be empty! (Nothing after midnight the night before)

___ Wear comfortable clothes, which are easy to put on. (Sweats or shirts that zip or button up-slippers or booties)

DAYS AFTER SURGERY

The **BEST 3 things you can do!** –

Elevation- Staying upright (not laying flat) will help to minimize swelling. If a recliner works for you to sleep in, great- If you are in bed, use plenty of pillows to keep your upper body at a 45 degree angle or higher.

Ice Ice Ice!- Start using your frozen peas/blueberries as soon as you get home and rotate them as they thaw. Even though you are wrapped with an ace for 48hrs, the coolness of the ice will penetrate through to your chest. Prop the ice in place with pillows or whatever works best for you.

Be Comfortable! - This is NOT a time to prove how tough you are! Unless you are planning on performing delicate and life saving brain surgery on someone, **take the meds we recommend!** The pain pills WILL help, just take them on a regular basis for the first 24-48 hours, then you can start to incorporate Ibuprofen (take 2-4 200mg pills every 4-6 hours WITH FOOD) If you are hurting you will be tense, which makes the chest muscles contract MORE, causing even more discomfort. We also want you comfortable enough to take frequent deep breathes, which is a little more challenging with the ace wrap on!

What else?

Keep the ace wrap on for **48 hours**- when you remove it, all you need to leave on your skin are the steri strips that are over the incisions. Leave those on- we will change them at your post op visit. You may shower at this point and change into a sports bra. **Remember**, do not, I repeat do NOT expect to see the boobs of a Playboy centerfold! Remember, the "girls" have been pushed, shoved, stretched, sutured, tightly bound up and, squished... It will take a few days for everything to look better, NO FREAKING OUT! Also.... you may feel and/or hear "swishing" or "squeaky" noises in your chest. We promise we did not leave any goldfish, doggie squeaky toys, or water balloons in there- it's all normal!

*****YOU WILL MOST LIKELY FEEL HUGE!** This is a big change for you, not to mention that there will be swelling, and your implants will temporarily be sitting HIGH in your chest. We PROMISE- these are all TEMPORARY changes and they happen to everyone!

When you return for your post-op visit we will change your steri strips, show you how to begin massaging your "girls", and give further instructions for the coming weeks/months. Keep in mind you will probably not "bond" with your new twins immediately.... most women feel as if they have these "aliens" in their chest- They will slowly begin to feel like a part of your body and soon you will not even be aware they are "in there!"

WHEN TO CONTACT DR. MOFFITT

Most concerns can be addressed by calling our office during business hours- also, review the information on our web site which can usually answer many of your concerns. We check our e-mails most evenings and weekends for pressing questions that are not emergency issues! **IF-** You experience any of the following; Dr. Moffitt can be contacted through our service after office hours.

- Fever OVER 102 (it is not unusual to run a fever post op for a couple days)
- Sudden shortness of breath, or severe pain not relieved by the pain medications,
- Heavy BRIGHT RED (fresh looking) bleeding from an incision site that does not stop after applying pressure
- Abrupt and severe swelling and discoloration (not usual bruising)

Remember, be patient! It takes a full year for your body to completely recover from any surgical procedure! Feel free to call us any time if you have questions or concerns!