

Newport Center for Special Surgery

What can I do to prepare for breast implant surgery?



Your surgeon may ask you to have pre-operative blood work, and/or a baseline mammogram, especially if you are over 35. Tell your breast surgeon about all medications and herbs you take, even if only now and then. You will need to stop taking any potential blood thinning medications or herbs at least 10 days before surgery. A blood thinner is a medication or herb that makes your blood clotting system not clot as easily. This can lead to internal bleeding during or after surgery. Common medications that are blood thinning include aspirin, ibuprofen/Motrin/Advil, naproxen/Naprosyn, Plavix, Coumadin/Warfarin. Some antidepressants are also minor blood thinners. Acetaminophen/Tylenol are not blood thinners and are generally OK to take if you need something for minor pain before your breast augmentation.

Herbs can thin the blood too, and you should avoid the "G's", Ginger, ginko, garlic, ginseng and any bark products like white willow or feverfew. St. John's Wort can interact with pain medications and should be stopped. Diet products with stimulants such as ephedra (banned but still put in products), ephedrine, phentermine, should be stopped as they can cause heart problems with anesthesia.

You should not vigorously exercise within several days of your surgery to reduce muscle soreness, dehydration, and high potassium levels from muscle breakdown. Stop alcohol at least 3 days before surgery to avoid dehydration. Do drink a lot of liquids.

The night before breast implant surgery

Your surgeon may instruct you to bath with special soap or sterilizing wash to reduce skin germs. Drink a lot the day before surgery, this will help make the IV placement easier, and keep you feeling better when you can't eat. Do take your normal medications if OK with your surgeon/anesthesiologist. Prepare for coming home-have sitters for the kids, meals preplanned, laundry caught up and confirm drivers to and from the surgicenter. Have

plenty of ice available, as your surgeon will probably want you to apply cold packs to help with breast augmentation recovery.

The big day is finally here!

We know some women have been thinking about this day since they were teenagers. Don't worry, you will do fine. Follow your anesthesiologist's instructions on food and medications that day. If you are allowed to take a medicine, such as for blood pressure for instance, take with a sip of water. For most, you will not be allowed to have anything to eat or drink after midnight if you have early morning surgery. Bring in all your medications, even the ones prescribed by the surgeon. Bring a picture ID, but no need to bring any valuables. Pull your hair back, wear sweats or bring a robe. Wear soft socks. Don't wear make-up or eyeliner or lipstick. Clear lip balm is OK. Wear shoes easy to get in and out of as the nurse will be putting them on you. It is normal to be nervous. No surgery is without risk. The key is to take it one moment at a time, and keep thinking positively. Don't forget to bring any paperwork you needed to fill out, and leave time for traffic to arrive early at the surgicenter. You are nervous enough, no need to have your driver worried about being late. When you arrive you will be checked into a private room at Newport Center for Special Surgery. The anesthesiologist will go over the anesthesia plan for your breast augmentation, and ask you details about your medical history and put in an IV. Now is the time to be honest. Your surgeon will review the plan for the breast implants, and mark the breasts with a pen. The nurse will review the information, confirm, and if OK, you will go to the operating room. The breast implant surgery is more or less an hour and a half long, and you will awake feeling tired, but comfortable. Most women report a pressure on the chest from the weight of the new breast implants. Don't worry, this will go away just like it does when you buy new shoes that feel different at first, then your body adjusts.

For more information call 949 644-8182 or go to:

<http://www.specialsurgery.com/pre-op.html>

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