



Breast Augmentation Pre-operative Instructions

Congratulations on your decision to pursue cosmetic surgery! I have prepared several pointers which will help you to best prepare for your upcoming procedure, in order to obtain the safest and most satisfactory outcome.

1) Suggestions:

- a) Arrange for 5-7 days off work. Recovery is variable, depending on your individual response to surgery, but some time to heal is mandatory.
- b) Try to complete all non-essential personal duties and responsibilities before your surgery. Your recovery will be far less stressful if you can get all of life's little tasks out of the way beforehand.
- c) Have someone available to help with things around the house (kids, meals, shopping, etc.) for several days after surgery.
- d) Obtain 2 or 3 different bras for use after surgery. A sports bra that opens in front or in back gives good support and is easiest to put on and take off. The number of your bra size should remain the same, but the cup size will be larger. The bra should not have an underwire.
- e) Wear loose-fitting clothes that do not have to be pulled over your head.

2) Mandatory:

- a) Stop intake of all Aspirin and Aspirin-related products (anti-inflammatories like Motrin, Advil, Naprosyn, etc.) two weeks before surgery, as these products will increase bleeding and bruising during surgery
- b) Stop smoking or nicotine-containing products (Nicorette, nicotine patch) 2-6 weeks before surgery. I would prefer 6 weeks if possible.
- c) Consume no food, drink or even water after midnight the night before surgery. A full stomach on the morning of surgery will necessitate cancellation of the procedure.
- d) Discuss any medications, which you regularly take, with me before surgery.
- e) Have someone available to bring you home after surgery (usually later in the afternoon).
- f) Have someone available to stay with you the night after surgery.
- g) Be at the hospital several hours before your scheduled time (discuss this with my office staff)
- h) Bring a bra with you to the operating room (see above). This will be your dressing after surgery.
- i) Remove all body jewelry possible, prior to surgery.
- j) Do not use body creams or lotions for 24 hours prior to surgery.
- k) Call me with any questions you may have, as soon as possible, before surgery.

I will see you at the hospital!

Sincerely,
H. Silverman, MD