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Plastic and Reconstructive Surgery

BREAST AUGMENTATION

Preoperative Instructions:

- Your **day/time of surgery** is _____. The location is _____. Please arrive to the facility at least one hour prior to your scheduled time.
- If you are a smoker, please stop for a minimum of 4 weeks prior to surgery. Smoking reduces circulation to the skin and will interfere with healing.
- Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, and Vitamin E containing products for 2 weeks prior to surgery. All of these medications have a tendency to prolong bleeding. **Tylenol is preferred for pain relief.**
- Please purchase at the pharmacy a tube of antibiotic ointment (such as Bacitracin or Neosporin), gauze sponges, a bottle of hydrogen peroxide, Q-tips, and surgical tape.
- Please also purchase a sports bra, which you will need to bring to your first postoperative visit. A sports bra with a zipper or front closure snaps is preferred if possible.
- You have received prescriptions for _____. You should have these filled **prior** to your day of surgery. You will not need to take any of them until after surgery.
- You should also have your labwork drawn at least one week prior to your surgery.
- We recommend the use of silicone sheeting for scar therapy. Neosporin Scar Solution Sheets and other various brands can be purchased at your local pharmacy (Walgreen's, CVS). You will start using this or any type of scar therapy approximately 2 weeks after surgery.
- Shower with an antibacterial soap the day before your surgery.
- Have **NOTHING** to eat or drink after midnight on the night before your surgery.
- On the day of surgery, wear a large, front closure shirt and loose fitting elastic waisted pants.
- Other: _____

- If you have any questions, please call us at (203) 772-1444.

