



Restifo Plastic Surgery

PLASTIC & RECONSTRUCTIVE SURGERY

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Mastopexy 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 slow your healing.
- ◆ Avoid Aspirin, Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Celebrex, Excedrin, Fish Oil and Vitamin E containing products for 2 weeks prior to surgery. This includes multi-vitamins and herbal supplements. Please review the attached sheet to confirm if you are taking any of these medications. All of these medications have a tendency to prolong bleeding. **Tylenol is preferred for pain relief.**
- ◆ 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 two weeks prior to your surgery.
- ◆ We recommend the use of Tegaderm for scar therapy. This will be applied immediately after your surgery and used for 2-3 months postop. Additional sheets can be purchased online at www.amazon.com. Search for 3M Tegaderm Transparent Dressing with Label 4" x 4 3/4"
- ◆ Shower with an antibacterial soap the day before or the morning of 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 pants with an elastic waist.



Other: _____

**If you have any questions, please call us at (203) 772-1444.
200 South Orange Center Road, Orange, CT 06477**