

Pre-Operative Tips

General everyday activities that some patients forget to take care of and prepare for before surgery are listed below! Please consult your physician regarding any medications you are taking prior to surgery.

- Arrange for an adult to drive you to and from the facility on the day of your surgery.
- Arrange for a responsible individual to spend the first 24 HOURS after surgery with you.
- To prevent dry skin during healing it is smart to use proper moisturizer.
- Because of the awkward movement it causes to shave under your arms, you may want to consider a wax (eek! but it is beyond helpful!) at least 7 to 10 days prior to surgery.
- Be prepared to take at least one week off of work to recuperate.
- It is best to prepare your life to be super easy for the two weeks following your surgery. We suggest easy things to eat and drink, do all of the laundry, clean the house, pay all bills, bring any items that you might need down from out-of-reach places and gas up the car. *See shopping list.*
- Also, do not paint your nails! We suggest a little pampering of a mani and pedi, but leave your nails clear (this will allow the surgeons to check for healthy blood and oxygen circulation).
- Prepare to be sleeping on your back!
- Take pre-operative pictures to see results.
- Be sure to write your doctors contact information by every phone in case of emergencies.
- DO shower with your “germ-inhibiting” soap the night before surgery. It is common recommendations that you shower with Chlorhexidine Gluconate three (3) days prior to surgery and the morning of the surgery. Wash your body from chin to toes and stand with soap on body for 5 minutes and then rinse. This will decrease the bacterial load on your skin and help prevent infection.
- DO shampoo your hair and brush your teeth the morning of the surgery
- DO wear comfy clothing (a button-up shirt and pull-on pants are suggested).
- STOP taking aspirin, Ibuprofen, diet pills, any mega dosage of Vitamin C, Omega-3 or fatty acids, and any herbal medications two (2) weeks prior to surgery.
- DO NOT SMOKE prior to surgery; smoking reduces blood flow and can cause healing complications.
- DO NOT consume any alcohol or drugs one (1) week prior to your surgery; alcohol and drug use can interfere with anesthesia and can affect blood clotting.
- DO NOT eat or drink after midnight the night before your surgery.
- DO NOT apply any makeup, lotions, perfumes, hair gels, sprays, deodorants or powders to your skin, hair or face on the morning of your surgery (these will add bacteria and increase the risk of infection).
- DO NOT bring or wear any valuables or jewelry to your surgery.
- Individual recovery times may vary.

Disclaimer: Always consult your doctor to find the treatment that is right for you. Individual results may vary.

Pre-Operative Tasks

Make sure to take care of the following tasks in advance of your surgery:

- Get OASIS Ready
- Make a “to-do” list for your caretaker.
- Arrange to have a surrogate caregiver watch your small children for the first few days after your breast augmentation.
- Refrigerate foods at lower shelves of refrigerator
- Take garbage out.
- Go grocery shopping and pre-cook some foods to freeze for easy microwaving, such as soup.
- Get pet care taken care of, get their food and empty the litter box.
- Make up the bed with fresh sheets and lots and lots of pillows.
- **Cold therapy packs/ice packs** will be necessary for postoperative icing. And/Or on back muscles
- **Moist heat pack or water bottle**; DO NOT use heat on your breasts, this is for your back. You will hunch a lot and it can cause back to hurt more than your chest. Moist heat and even a 3-minute massage on the muscles on either side of your spine 3 times a day will help with this. Try not to hunch, don't worry – you won't hurt anything sitting up straight.
- Lay out items you use in bathroom, like mouthwash, toothpaste & brush, hairbrush, contact lens stuff, makeup, dry shampoo, etc.