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### **Augmentation Mammoplasty Pre-op Instructions**

Do not take aspirin, ibuprofen, herbal medications, fish oil, Turmeric or vitamin E for 14 days prior to surgery.

Shower for the week prior surgery, the evening before and the morning of surgery with **Hibiclens** use a fresh towel with each shower. Do not use the Hibiclens on your face at all, only on your body. You can get Hibiclens from your pharmacy. You may shower 48 hours post op using the remaining Hibiclens for the first few showers.

Brush teeth twice a day and use Listerine mouthwash for the week prior to and after surgery.

Do not shave your armpits the day before or the day of surgery

Wear comfortable clothes to the hospital, avoid tops that pull over the head and slip on shoes are best.

Bring your history and consent paperwork with you to the hospital.

Fill prescriptions and read the instructions before the day of surgery. These medications are for use after your surgery. Discuss your regular medications and birth control pill use prior to surgery.

Do not drive yourself to the surgery center or hospital; you will also need a ride home and someone to care for you for at least 24 hours.

### **After Surgery Instructions**

Eat what sounds appetizing, smaller portions more often may be more comfortable than full meals.

Take medications as directed, try to keep some food in your stomach before taking pain medications as they can cause nausea. Pain medications can cause constipation, take plenty of liquids and an over the counter stool softener such as: **Colace** or **Senna Kot** can help prevent problems. **Milk of Magnesia** as directed on the bottle is safe if you are having a problem. Take **Tylenol 1000 mg every 6 hours** for pain and taper in a few days when you are ready. Do not use heat pads on your breasts.

Rest, but do not be sedentary for extended periods, raise your legs and flex the leg muscles frequently while resting and walk for 5 minutes of each hour while awake, around the house is fine. You may move your arms gently and limit your range of motion to reaching no higher than the top of your head. No resistive exercise and no lifting more than 5 pounds with each hand. Wear your bra full time, except to wash it every other day.

You should take a shower 48 hours from the surgery time unless your discharge paperwork tells you otherwise. Use the remaining **Hibiclens** for the first few showers. Wash right over the wounds.

If you have Mentor or Allergan implants, go to their website to evaluate the warranty options. Sientra implants are automatically registered for the warranty. Save your implant information somewhere that you will not lose it.

A gentle massage of tenderness or spasms in the muscles is OK. **If something doesn't seem right to you, please call, we are happy to answer questions. You will need to take antibiotics for dental cleaning to protect your implants from infection.**