BREAST LIFT

Pre-operative Instructions: Four Weeks Before Surgery

- Stop smoking at least four weeks prior to surgery. This includes being around people that smoke. Do not use any type of nicotine products, as nicotine decreases blood flow to incisions and impair healing.

Two Weeks Before Surgery

- Take no aspirin or aspirin products, including Advil and Motrin two weeks prior to surgery and two weeks following surgery. Avoid fish oil and other supplements which can encourage bleeding and increase bruising.

One Week Before Surgery

- No Caffeine one week prior to surgery. Caffeine breaks down capillary walls and encourages bleeding.
- Avoid drinking alcoholic beverages for one week prior to surgery and until recovery is complete. Do not take narcotic pain medication with alcohol.

Supplements - start taking before surgery to encourage healing.

- Bromelain: an enzyme found in pineapple juice. This will aid in reducing swelling. Take as directed on the bottle. It can be found at most health food stores.
- Arnica Montana: an herbal supplement. This will aid in reducing bruising. Take as directed on the bottle. It can be found at most health food stores.
- Vitamin C: 1000mg tablet, one tablet once daily for one week before and one week after surgery.
- Zinc: 50 mg, one tablet once daily for one week before and one week after surgery.

Day Before Surgery

Medication (other medication may or may not be prescribed)

- Keflex 500 mg (Antibiotic) start night before surgery.
- No food or drink (including water) after midnight the night before surgery.
- Pre-op shower should include scrubbing chest area with an antibacterial soap. Rinse off completely.
- Do not use creams, lotion, powder, deodorant, etc., after pre-op shower.

Morning of Surgery

Medication (other medication may or may not be prescribed)

- Scopolamine 1.5 mg patch, apply behind ear morning of surgery to reduce nausea.
- Hold Keflex, the hospital will give you an IV dose of antibiotics.
- Wear loose-fitting clothes on day of surgery. Top should button or zip in the front.
- You must have someone drive you home after surgery. Please have someone spend the night with you.
- Do not hesitate to ask any questions that you may have.
- Carefully read postoperative instructions.
Post-operative Instructions: First Week Following Surgery

- **Rest!** You have had major surgery!

**Medication (other medication may or may not be prescribed)**
- **Keflex** 500 mg (Antibiotic) 4 times per day for 5 days
- **Percocet** (Pain Medication) 1-2 tablets every 4-6 hours *as needed* for pain.
- **Phenergan** 12.5 mg (Nausea Medication) 1 tablet every 6 hours *as needed* for nausea.
- **Flexeril** 5 mg (Muscle Relaxant) 1 tablet every 6 hours *as needed* for muscle spasms.

**Supplements: Continue taking after surgery to encourage healing.**
- **Bromelain**: An enzyme found in pineapple juice. This will aid in reducing swelling. Take as directed on the bottle. It can be found at most health food stores. Continue after surgery as long as you have swelling.
- **Arnica Montana**: An herbal supplement. This will aid in reducing bruising. Take as directed on the bottle. It can be found at most health food stores. Continue after surgery as long as you have bruising.
- **Vitamin C**: 1000mg tablet, one tablet once daily for one week before and one week after surgery.
- **Zinc**: 50 mg, one tablet once daily for one week before and one week after surgery.

**JP Drains**
You will most likely have JP drains in place. Please record the amount of drainage in 24 hours. The drains will be removed once the drainage has decreased to an acceptable amount. **It is important that you remain on antibiotics while the drains are in place.**
- Make sure your drain is collapsed at all times so that it can function properly and it is secured with a safety pin to your dressing or your clothing. Also, make sure there is no tension on the tubing going into the surgical incision.
- Every 6 – 8 hours you will need to empty the drain container and at that time you will empty it into a measuring cup provided. Dr. Samimi will determine frequency to empty the drain.
- Prior to emptying the bulb container it is important to wash your hands then proceed. To empty the bulb container there is a plastic plug on the top that can be pulled out. When this port is opened the bulb will expand and you can pour out the contents into the measuring cup.
- After emptying the bulb container of the drain clean the port and the plug with an alcohol wipe using a sterile wipe for the port and a sterile wipe for the plug. Do not touch the port or the plug with your fingers.
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- To again collapse the bulb portion of the drain hold it in your hand and squeeze it with the drainage port open so that it is again flattened. Continue to squeeze the container with one hand and with the other hand re-insert the plug. Secure the bulb in place again on the dressing or on your clothing with the safety pin maintaining no tension on the tubing into your incision. When you have the Jackson-Pratt drain secured make sure the tubing is free of twists, kinks, and leaks.
- You can take a shower 2 days following your surgery. Your incisions are sealed with Glue and it is alright to shower with drains in place. Do not submerge your incisions.
- Leave a bra on 24 hours a day for 3 weeks. (you may remove for shower)
- Sleep on your back. Do not sleep on your sides until the doctor gives you permission.
- Do not use your arms/elbows to push yourself off the bed, in & out of chairs, etc.
- **Exercise**: Avoid lifting anything over 5 lbs. You can continue lower body exercise, such as walking or elliptical.
- Follow-up appointment with Dr. Samimi a week after surgery.
- You will experience a feeling of tightness and pressure. However, if one breast suddenly becomes more swollen than the other please, call Dr. Samimi.

Second Week Following Surgery

- Dr. Samimi uses skin glue, with tape overt top, to seal the incisions. You can gently remove the tape in the shower 2 weeks after surgery.
- Silicone scar therapy helps to promote scar healing and assists with improving the appearance of post-surgical scars. RevivaMed offers BioCorneum, which should be rubbed into scars twice a day for 12 weeks

Third Week Following Surgery

- **Exercise**: Can resume regular exercise.

Three Months Following Surgery

- Follow-up appointment with Dr. Samimi.