



Mandell-Brown Plastic Surgery Center

Dr. Mark Mandell-Brown

Breast Augmentation Instructions

Preparing for Surgery

Starting Now:

- **TESTING:** All patients having breast surgery are required to have a mammogram completed prior to surgery. Please get this done as soon as possible. If you have had one in the last year, please provide a copy of the report for us to review. Patients are also required to see their Family Doctor for a history and physical and have some blood testing. Schedule this appointment within 2 weeks of your procedure.
- **STOP SMOKING:** Smoking reduces circulation to the skin and impedes healing.
- **TAKE VITAMIN B COMPLEX WITH VITAMIN C:** These vitamins will be provided to you and are to be taken 7 days after your surgery. This complex will promote healing. Avoid supplements with Vitamin E, garlic and fish oil.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing aspirin or ibuprofen. Review the list of drugs containing aspirin and ibuprofen carefully. Such drugs can cause bleeding problems during and after surgery. Instead use medications containing acetaminophen (such as Tylenol).
- **FILL YOUR PRESCRIPTIONS:** Medication prescriptions will be mailed after payment is received in full. Please have them filled BEFORE the day of surgery and bring them with you.
- **CONFIRM SURGERY TIME:** Our office will call you the day before surgery to confirm your arrival time. If you will not be at your home, please provide a number where you can be reached.

The Day Before Surgery:

- **PRESCRIPTIONS:** Make sure that you have filled the prescriptions you were given and set the medications out to bring with you to the surgery center.
- **CLEANSING:** The night before surgery, shower and wash the surgical areas with Hibiclens Soap.
- **EATING AND DRINKING:** Do not eat, drink or chew anything after 12:00 midnight. This includes water and chewing gum.

The Morning of Surgery:

- **SPECIAL INFORMATION:** If you take daily medication you make take it with a sip of water in the early morning.
- **ORAL HYGIENE:** You may brush your teeth but do not swallow the water.
- **CLEANSING:** Shower and wash the surgical areas again with Hibiclens soap.
- **MAKE-UP:** Please do not wear moisturizers, creams, lotions, or makeup.
- **CLOTHING:** Wear only comfortable, loose-fitting clothing that does not go over your head. Remove hairpins, wigs, and jewelry. Please do not bring valuables with you.

Going To Our Operating Room

The Operating Suite:

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10735 Montgomery
Cincinnati, Ohio 45242
513/984-4700

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- Going to the operating room is not a normal experience for most of us. Dr. Mandell-Brown and all of the professional staff caring for you recognize the natural anxiety with which most patients approach this step on the process of achieving their goals.
- Your surgery will be performed here at the Mandell-Brown Plastic Surgery Center in our state-of-art operating suite. Specialists using modern equipment and techniques will attend to you. The team includes a certified anesthetist when applicable and registered nurses who are ACLS certified.
- When you arrive at the Mandell-Brown Plastic Surgery Center, you will be escorted to the preoperative suite. You will be asked to change into a gown and will be given foot covers and head cover. Dr. Mandell-Brown will meet with you before you enter the operating suite. This is the time for final surgical planning; it is also when we will do basic preparation or draw on your skin as needed. There will be time for last minute questions.
- Once you enter the operating room. The staff will do everything they can to make you feel secure. You will feel comfortable on our deeply padded operating table. At the same time, to ensure your safety, our staff will connect you to monitoring devices. We will start an intravenous drip (IV) in your arm and you will be given your preoperative medications. Medicines that will make you drowsy will flow through the tubing into a vein in your arm.

The Recovery Room:

- When your surgery has been completed and your dressings are in place, you will be moved to the recovery room where you will be continually monitored. During this period, a fully trained recovery room nurse will take care of you and remain with you. The recovery room is equipped just like one in a hospital, and is one of the reasons the Mandell-Brown Plastic Surgery Center is fully accredited.
- Your stay in the recovery room will last from 30 to 90 minutes, depending on how soon you are ready to leave. Most patients are fully awake within minutes after surgery but may not remember much about their stay in the recovery room.

Post Surgery:

- **You must arrange for someone to transport you to and from the surgery center. A family member, a friend, or a nurse must remain with you the first night after surgery because you received sedating medications during surgery.**

Breast Augmentation Post-Operative Instructions

Your First 48 Hours:

VERY IMPORTANT: If you have excessive bleeding or pain, call the office at (513) 984-4700 day or night.

YOUR FIRST 24 HOURS: If you are going home, a family member or friend must drive you because you have been sedated. Someone should stay with you overnight. If you have any questions, please ask one of our nursing staff.

DRESSINGS: Keep your dressings as clean and dry as possible. Do not remove them unless instructed to do so.

Patients should do ankle pumps 10 times each ankle 4 times an hour while awake to prevent Deep Vein Thrombosis in legs. Also patients should wear Knee High TED hose postoperatively until you resume normal activities.

ACTIVITY: Take it easy and pamper yourself. Try to avoid any straining. You may go to the bathroom, sit and watch TV, etc., but NO MATTER HOW GOOD YOU FEEL, DO NOT CLEAN THE HOUSE, REARRANGE THE ATTIC, ETC.! We do not want you to bleed and cause any more swelling and bruising than is unavoidable. Avoid heavy lifting and straining for two weeks minimum. You may do normal activities at any time if they cause no pain or

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discomfort. Let your body tell you what you can do or not do. Avoid lifting children, pet or any heavy objects (over 10 pounds) for 8-10 days.

ICE PACKS: Avoid using ice packs, frozen peas or vegetables over the surgical site.

DIET: If you have any postoperative nausea, carbonated beverages and dry crackers may help. If the nausea is severe, call our office. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to regular diet.

SMOKING: smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 10 days after surgery. If possible, stop smoking 2 weeks prior to surgery.

ALCOHOL: Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

POST OPERATIVE APPOINTMENTS: It is very important that you follow the schedule of appointments we establish after surgery.

Specific Instructions for Breast Augmentation

Position: During the first 6 weeks, sleep on your back instead of on your side. We want your implants to stay in perfect position during the initial healing process. However, if you cannot sleep on your back, sleep in another comfortable position. Elevate your body from the waist up on two pillows. You may need assistance getting up and down.

Bra Strap: The bra strap will be provided by our office on the first post-operative day if deemed necessary to lower the position of the implant. We want you to wear the bra strap at all times until instructed otherwise by the doctor. Bra straps are usually worn anywhere from 2-6 weeks based upon an individual's healing. **Do not wear an underwire bra** until instructed.

Activity: Avoid heavy lifting and straining for 2 weeks minimum. You may, however, do normal activities at any time if they cause no pain or discomfort. Let your body tell you what you can do or not do. During the first week, do not lift over 10 pounds. Avoid lifting children, pets or any heavy objects for 8-10 days.

Sutures: Majority of the sutures are dissolvable and under the level of the skin. There may also be a few sutures through the skin. These sutures will be removed at approximately 7-14 days following your surgery.

Showering and Bathing: You may shower after the gauze dressing is removed. Leave the adhesive strips (steri-strips) on your skin. (Do take your bra strap off while you shower).

Exposure to Sunlight: Scars take at least one year to fade completely. During this time, you must protect them from the sun. Even through a bathing suit, a good deal of sunlight can reach the skin and cause damage. Wear a sunscreen with a skin-protection factor (SPF) of at least 30 at all times when in the sunshine. Be extremely careful if areas of your breast skin have reduced sensitivity.

Sexual Activity: You may enjoy sexual activity as your body allows with the following restriction: please reread Exercise and apply the same concept to sexual activity.

Exercise: You should be resting the remainder of the day of surgery. You may want to sleep in a recliner or lounge chair. You may need assistance getting up or down. After three days, all normal activities may be resumed, except for strenuous exercise. Minimize upper body exercises for at least four weeks after surgery. Avoid raising your arms, lifting children or heavy objects for 8-10 days. (No more than 10 pounds). This is to avoid bleeding, bruising

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and swelling. Do not resume strenuous activity for 6 weeks. Dr. Mandell-Brown will give you clearance to increase your activities according to the progress of your recovery.

Driving: You may drive when driving does not cause pain and you are no longer taking pain medication.

Work: Follow whatever plan you and Dr. Mandell-Brown have agreed upon.

Depression: Quite frequently patients experience a brief period of let-down or depression after cosmetic surgery. Some may subconsciously have expected to feel and look better instantly, even though they understand that this will not be the case. Patients commonly question their decision to have surgery during the first few days after surgery. As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understanding that this is a natural phase of the healing process may help you to cope with this emotional state.

Healing: Everyone has the capacity to heal themselves to one degree or another. Clearly this ability is variable and depends upon a number of factors such as your genetic background, your overall state of health and lifestyle (exercise, diet, smoking drinking, etc.) Many people believe the surgeon heals the patient. No one person can make another heal. Dr. Mandell-Brown can facilitate (but not accelerate) the healing process. Your cooperation and close attention is extremely important and in your best interest.

Patient Expectations

Asymmetry: It is quite common for the two breasts to heal differently. One may swell more, one may feel more uncomfortable or the shapes may differ initially. After complete healing, they should look remarkably similar and natural. Patience is required, but if you are concerned ask questions of Dr. Mandell-Brown or the nursing staff.

Sloshing Sensation: You may hear or feel sloshing in your breast after surgery. This is not the implant. It is the air that is trapped in the space around the implant and the natural fluid that accumulates after an operation. It will all be absorbed by the body within a few weeks.

Shiny Skin: The skin of your breasts may become shiny. This is a result of the swelling that occurs after surgery. Within a few weeks, the swelling will subside and the skin will look more normal.

Sensitivity: As the nerves regenerate, the nipples commonly become hypersensitive. This will subside with time. You may find that gentle massaging helps. Regeneration of sensory nerves is accompanied by tingling, burning or shooting pains, which will disappear with time and are nothing to be alarmed about.

Financial Policy

Payment for cosmetic plastic surgery is due in full two weeks prior to surgery. We provide a number of payment options which may be used individually or combined according to your wishes.

Cash, Check, Care Credit, MasterCard and Visa are all accepted.

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