



## BREAST LIFT: PRE AND POSTOPERATIVE INSTRUCTIONS

### PREOPERATIVE INSTRUCTIONS FOR BREAST LIFT SURGERY

A successful surgery requires a partnership between you and Dr. Arvin Taneja.

*The following instructions are essential to a safe experience and good outcome. Use this as a checklist as you approach your surgery date. If you are unable to comply with these instructions, you must notify our office as soon as possible. As a result, your surgery may have to be postponed or delayed, at the judgment of Dr. Taneja.*

*This is essential to your health and safety.*

#### **THREE WEEKS BEFORE SURGERY:**

- Laboratory tests, Medical clearance and EKG (if they are required) must be done. Please have the written results faxed to our office ten days prior before surgery (our fax number is 626-844-0018).
- A mammogram done within the past year is required for any female at or over the age of 40 for any type of breast surgery.
- SURGERY WILL NEED TO BE CANCELLED IF THERE IS ANY CHANCE THAT YOU ARE PREGNANT.
- Good nutrition. Eat well during the weeks prior to surgery. Crash dieting, over-eating or high alcohol intake can greatly affect your outcome and wellbeing. A healthy, balanced diet is essential.

#### **TWO WEEKS BEFORE SURGERY:**

- Do not take any products containing aspirin, ibuprofen (Advil, Motrin), non-steroidal anti-inflammatory medication, or Vitamin E. Tylenol is acceptable.
- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or Nicotine patch. Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk of complication when receiving anesthesia.

#### **ONE WEEK BEFORE SURGERY:**

- Do not drink alcohol for 1 week before and after surgery.
- Please ensure that all laboratory tests and/or blood work have been completed by this time as ordered by the physician/nurse practitioner. Our fax number is 626-844-0018.

#### **DAY BEFORE SURGERY:**

- Our office will call you after noon to inform you of your arrival time for surgery.
- Pack your bag for the day of surgery. This should include: Your photo identification, all prescription medications, your post-surgical compression garment, reading glasses, warm socks, saltines or other crackers in case of nausea during your ride home.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** (This includes water and gum chewing). Surgery may be cancelled if this is not followed. A fasting state is required in order to receive



sedation for surgery. The only exception is medication, which we instruct you to take with a sip of water the morning of surgery, if needed.

#### **DAY OF SURGERY:**

- Go to 10760 Warner Avenue, Ste 102, Fountain Valley, CA 92708.
- You may shower and shampoo the morning of surgery. Do not wear makeup, hair sprays or gels, or nail polish. You may leave acrylic nails on.
- Avoid clothing that must be pulled over the head. Please wear loose fitting clothing.
- Do not wear jewelry, including body jewelry or bring valuables to surgery.
- Do not use underarm deodorant.
- If you have your menstrual cycle, please wear a feminine napkin. Do not wear a tampon.

## ***POSTOPERATIVE INSTRUCTIONS FOR BREAST LIFT SURGERY***

#### **COMMON INSTRUCTIONS AFTER SURGERY:**

- A responsible adult must provide transportation for you (public transportation is not permissible) and must stay with you after your surgery and overnight until the morning following the procedure. If you are having several procedures, you may need or prefer assistance for 1-2 days following your procedure.
- Do not drive for 24 hours after surgery or while you are taking pain medication.
- Avoid making major decisions or participating in activities that require judgment for 24 hours after surgery.
- You are encouraged to walk around the house on the day of surgery and thereafter. This helps to prevent blood clots from developing in the legs.
- Move/pump your legs frequently while lying down. This also helps in preventing blood clots from developing.
- Resume activities slowly. You may feel tired for the first few days.
- Do not exercise for the first week. After the first week, you may resume low intensity, lower body exercise. You may use your upper body for everyday tasks after surgery (for example – reaching for or putting away dishes); however, refrain from using the upper body muscles in a repetitive or strenuous motion for 3 weeks. No vacuuming, tennis or pectoral exercises for 3 weeks. No jogging for 3 weeks. You may resume all exercise/activity after 3 weeks. Unless specified differently by Dr. Taneja.
- When you do resume exercise, you should wear a tight, supportive sport bra to minimize bounce and drop of the breasts.
- Drink plenty of fluids (8-10 glasses/day) for the first week to keep well hydrated.
- If you have not urinated within 6 hours of being home from surgery, please contact our office.
- Expect to have some incisional discomfort for the first 24 hours after surgery. Take your pain medication before your pain becomes severe.
- Take all medications as instructed post operatively.
- You may resume most restricted medications after one week from the time of surgery. Ibuprofen may be resumed after 3 days.



- Some bruising and swelling is normal. It is expected to take between 3-6 months to see your final results.
- Avoid direct sunlight to the incision for at least 1 year. Use a sunscreen with zinc oxide with an SPF of 20 or greater to help decrease the visibility of the scar.
- Avoid getting into pools, lakes, beaches, Jacuzzis, saunas and tanning for 3-4 months. This may be extended due to wound healing.

## POSTOPERATIVE INSTRUCTIONS BREAST CARE AFTER BREAST LIFT SUGERY

- You will have a support bra on after your **breast lift** surgery. This will need to be worn continuously for the first 6-8 weeks. You may remove the bra to wash it, but otherwise it should be worn continuously.
- You will have a gauze dressing over your breasts, tucked inside the support bra. You should expect some bloody drainage during the first 24 hours. You may change the gauze pads as needed in order to keep the incisions dry.
- You will have steri strips (adhesive bandages) in place over your incisions. Please keep the steri strips clean and dry.
- Initially, you may take a quick shower with your back to the water, keeping your incisions completely dry.
- On post operative Day 5, you may take a full shower. It is okay to get the steri strips wet at this point, but do not remove them. You can gently pat yourself dry with a towel or use a blow dryer (cool setting) to dry the steri strips.
- Reapply the support bra after showering.
- Your steri strips should remain in place until they begin to fall off naturally or until they are removed by doctor's office. At your 4 week follow-up appointment, we will remove any steri strips that remain.
- After your steri strips are completely off, you may begin to use scar medications.

### CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from incision area.
- Persistent nausea and/or vomiting.
- Any other concerns.

**Office Telephone: 626-844-0555**  
**I HAVE READ THIS DOCUMENT/IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Patient Name (print): \_\_\_\_\_ Date: \_\_\_\_\_  
 Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_

