



THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

## **PRE-SURGERY INSTRUCTIONS: BREAST IMPLANT REMOVAL AND REPLACEMENT WITH SILICONE IMPLANTS**

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 Julius Few, MD. This is essential to your health and safety.

There may be several weeks between your decision to have surgery and your actual surgical date. During this time, there are several important considerations:

**Practice breast massage as directed:** Breast massage is important before surgery to loosen the breast capsule when possible. Follow the directions you are given and perform these exercises at least 4 times per day.

**Please refrain** from consuming alcoholic beverages 72 hours prior to surgery.

**Stop smoking:** Smoking can greatly impair your ability to heal. You must be nicotine and smoke-free for at least 6 weeks prior to surgery. You must also be free of any nicotine patch or nicotine-based products for a minimum of 6 weeks prior to surgery.

**Lead a healthy lifestyle:** In the weeks prior to surgery maintain the best of health and hygiene. A lingering cold, virus, or other illness can result in your surgery being rescheduled. Make certain to address any illness immediately, and advise our office of any serious illness or change in your health.

**Complete any paperwork:** You may need to submit information to the breast implant registry. Be certain to address this, and all paperwork related to implant warranty or other matters as soon as possible. Be certain to provide our office copies of any paperwork you complete or submit.

**Prepare and plan:** Make certain a responsible adult over the age of 18 is confirmed to drive you to and from surgery, and that someone is confirmed available to stay with you around the clock for at least 24 hours, following surgery.

**Pre-Operative Testing:** Make certain to schedule all of any pre-operative testing and clearance you have been given. Make certain all test results are received by Dr. Few at least two weeks prior to your procedure.

**STOP taking the following 10 days before your surgery. Taking any of the following can increase your risk of bleeding and other complications:**

- **Aspirin and medication containing aspirin**
- **Ibuprofen and anti-inflammatory agents (Including Motrin, Advil, Midol)**
- **Vitamin E, St. John's Wort, Garlic Supplements, Green Tea or Green Tea Extracts**
- **Estrogen supplements, Birth control** (some estrogen supplements and birth control may increase your risk of developing blood clots post surgery please check with your prescribing physician for proper pre surgery medication instructions)

- **Tylenol OK to take as needed for pain**

**Wax or shave your underarm region prior to surgery.** It may be uncomfortable to do so in the days immediately after surgery.

**For procedures performed at the surgery center** expect a pre-anesthesia call from the surgery center to review your state of health and anesthesia for surgery 24-48 hours prior to your procedure.

**Shower** normally the morning of your procedure, but do not use any scented skin creams, moisturizers deodorant, hair spray, perfume, or cosmetics. Remove all finger nail and toe nail polish other than transparent polish.

**For procedures performed at the surgery center do not eat or drink anything after 12 midnight the night before surgery.** Anything more than a small amount of water as needed for brushing teeth or swallowing medication may result in the need to cancel surgery. This includes candy, gum, and mints.

**For procedures performed at The Few Institute fasting is not required.**

**ADDITIONAL INSTRUCTIONS:**

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