

Cruise Plastic Surgery

180 Newport Center Drive, Suite 150, Newport Beach, CA, Phone: 949-644-4808, Pager: 949-310-8055 Back up: 949-266-4018
PRE - & POST- OP INSTRUCTIONS

TIME FOR SURGERY: 1 - 1 ½ HOURS
BEFORE SURGERY

BREAST AUGMENTATION

RECOVERY TIME: 1-2 WEEKS

1. Avoid sunbathing for 2 weeks prior to surgery.
2. Quit smoking at least 2 weeks prior to surgery as nicotine can impair and delay healing.
3. Stop all aspirin containing products, medications that contain blood thinners (Ibuprofen Motrin, Advil etc.) vitamin E and herbal supplements including: St. John's Wort, green tee, Ginkgo and garlic supplements - 2 weeks prior to surgery. You may take 1 multivitamin a day.
4. Let the doctor know of all medications taken daily.
5. If you get sick or have an active infection, please contact the office prior to surgery.
6. Make sure all requested labs, mammogram and doctors clearance are delivered to Dr. Cruise's office on time

THINGS TO PURCHASE BEFORE SURGERY

1. **Medications**
2. **Garment.** You will be provided with one surgical bra. Additional garments may be purchased at a department store or specialty shop.
3. **Surgical tape for incisions.** Will be provided at your follow up.
4. **Cocoa Butter with Vitamin E or Body Cream.** You may purchase at any drug store. Start applying the day after surgery to tense skin on breasts. Do not apply over tape.
5. **Multivitamin.** Begin taking 2 weeks before and take until 6 weeks after surgery. Do not take vitamin E separately from multivitamin until at least 4 days after surgery.
6. **Vitamin E.** May begin taking at day 4 after surgery. Take 800 units once a day for 3 months. This will help maintain breasts softness.
7. **Gauze.** You may purchase a box of 4*4 guaze at any pharmacy or in our office as part of your pre-operative kit.

Optional

1. **Arnica** - www.alpinepharm.com - may decrease bruising, or help it to go away faster. You may purchas Arnica at any health food store or in our office as part of yoru pre-operative kit. ***People with high blood pressure should not take Arnica.**
2. **Bacitracin/Neosporin.** You may purchase Neosporin at any pharmacy or in our office as part of your pre-operative kit.
3. **Chucks and Alcohol Swabs** - May be purchased at any pharmacy or provided at your pre-operative appointment as a part of your Surgical Kit.
4. **ScarLess®.** ScarLess® is a prescription strength cream with vitamin E, silicone and Hydrocortisone to help minimize redness and elevation of the scars. You may purchase ScarLess® at our office as part of your pre-operative kit. Begin using at 10 weeks after surgery.

THE DAY OF SURGERY

1. Do not eat anything for 8 hours and drink for 6 before surgery. You may brush and rinse your teeth and take medications with an ounce of water, but do not eat or drink anything.
2. You may shower and shampoo your hair the night before or morning of your surgery.
3. Do not wear makeup or moisturizers on your face or eyes.
4. Do not bring any jewelry or valuables with you on the day of surgery.
5. Remove acrylic nails and leave nails clean and clear of polish.
6. Wear comfortable, loose-fitting clothing, preferably button up or zipped up top. Wear flat, comfortable shoes. Remove contact lenses, dentures and nipple rings before surgery.
7. Someone must drive you home and stay with you the first night.
8. Take 2 pills of Celebrex 1-2 hours before surgery.
9. Pack your bag before you leave to the surgery center. This should include:
 - all paperwork
 - reading glasses
 - your identification
 - warm cotton socks
 - all medications

AFTER SURGERY

1. Get plenty of rest and limit yourself to light activities the first 10 days after surgery. Sleep and rest with head slightly elevated for the first 3 days.
2. You may take a cool shower the day after surgery. Make sure you have someone helping you. Remember to consistently wear your bra or surgical garment.
3. You may start applying Cocoa Butter with Vitamin E to your breasts the day after surgery. Lotion will help prevent stretch marks and keep skin soft.
4. At 2 weeks after surgery you may remove and reapply your surgical tape. Start applying ScarLess® approximately 10-12 weeks after surgery, allow it to dry or blow dry and then apply silicone sheet for two months.
5. Sutures will dissolve on their own.

6. Do not drive for the first week or while on pain medications or if you feel impaired in any way. Do not do heavy housework and do not work out at all for the first 3 weeks, no upper body work out for at least 8 weeks.
7. Avoid lifting anything heavier than 5 pounds for 2 weeks.
8. Wear a surgical bra or a breast strap 24 hours a day for 6 weeks unless Dr. Cruise instructs you differently.
9. Avoid direct exposure of incision to sunlight for at least 6 weeks. After 6 weeks, apply sunscreen (at least SPF 15) to the area of the incision if you will be in the sun for extended periods of time.
10. Do not smoke for at least 1 week after surgery.
11. Do not use aspirin-containing products for at least 1 week. You may take Tylenol or pain medication as prescribed.
12. You may apply ice or frozen broken up peas or corn on the breasts for the first 48 hours to decrease swelling. Do not apply it directly on your skin.
13. Be sure to use all your medications as directed.
14. It is not uncommon for a small part of incision to open up and look like a pimple at 4-8 weeks. This is called a stitch abscess - it is caused by a suture which is expelled by the body. Simply wash it with soap and water and apply Neosporin or Polysporin on it. If the redness is larger than a dime call the office.

WHAT TO EXPECT AS YOU RECOVER

1. Immediately after surgery, some patients feel groggy or nauseous. These feelings normally subside by the next day.
2. Many patients experience some pain for the first 3-4 days and soreness for the first 2 weeks.
3. Most of the time the breasts are very swollen and tight for the first week. Do not be concerned they will drop with time. At your follow up appointment Dr. Cruise will show you how to massage them to make sure your positioning is appropriate. The body heals asymmetrically. One breast might be swollen, hurt more and appear higher or lower than the other, do not be concerned.
4. Swelling and bruising usually clears up within 2 weeks.
5. Pink scars will eventually fade to an unnoticeable color. It may take up to a year for the scar to fade to its minimal color.
6. Some firmness may develop. Once the tenderness subsides, you may begin to massage the breasts to help soften them. After 3 months you should massage your breasts at a daily shower for 30 seconds for the rest of your life.
7. Your nipples might become hyper sensitive or loose sensation for the first 3 months. This usually goes away.

WHEN TO CALL US

Post surgical complications are rare and are often easily solved by the doctor if you notify us. Call us if you experience any of the following:

- a temperature of 101°F or higher,
- increased local redness or warmth,
- chest pain, shortness of breath,
- legs swelling or calf pain,
- you have continuous discharge from the incision line,
- if one of the breasts appears significantly larger,
- if the pain increases instead of decreasing after 5 days,
- the breasts become red,
- if you feel that anything might be wrong.

Please call the office during regular business hours @ 949-644-4808 after call Dr. Cruise @ 949-310-8055. If either of the previous numbers fails please call our Back-up line @ 949-266-4018.

POST-OP VISITS AND CARE SUMMARY

Concern	Instructions
Blood Clot	<ol style="list-style-type: none"> 1. It is important to walk at least every hour while you're awake to prevent blood clotting - do not over do it. Right after surgery you will be instructed to walk around every 1 hour. 2. Pay specific attention to Leg Swelling. If you notice swelling on only one leg or calf pain contact the office.
Constipation	<ol style="list-style-type: none"> 1. If you are constipated at day 2 stop taking Vicodin or Darvocet. 2. Encourage walking, drink a lot of fluids, consider laxative (Ex-lax or Correctol).
Fever	Make sure to cough and deep breath as fever is usually in lungs for the first 3 days after surgery.
Activity	<ol style="list-style-type: none"> 1. You can take a cool shower the day after. Dab dry. Make sure you have someone helping you. 2. Walk every hour while awake for the first day and then every 2 hours. 3. Sleep at 45 degree angle for the first 3 nights. 4. Begin massage after the first post-op visit. 4. Regarding exercise: If it hurts don't do it. Wait for your body to tell you what you can do. 5. You can exercise areas other than your chest at 2 weeks. You can work out your chest at 8 weeks.
Wound Care	<ol style="list-style-type: none"> 1. Your gauze will be changed at your follow up visit. You may change it at home if needed. 2. Make sure your bra is not hurting you. 3. Keep surgical area clean and dry at all times. Showering is OK, even with drains. No bathing.

4. Re-apply surgical tape to incisions approximately every two weeks for 10 weeks. Then take the tape off and start applying ScarLess® for one month twice a day.

Patient Signature

Date

Representative of Cruise Plastic Surgery