

# 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-OP & POST-OP INSTRUCTIONS BREAST LIFT WITH AUGMENTATION

FOR SURGERY: 2-4 HOURS

RECOVERY TIME: 1-2 WEEKS

### BEFORE SURGERY

1. Avoid sunbathing for 2 weeks prior to surgery.
1. Quit smoking at least 6 weeks prior to surgery as nicotine can impair and delay healing.
2. 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, Gingko and garlic supplements - 2 weeks prior to surgery. You can take 1 multivitamin a day.
3. Let the doctor know of all medications taken daily.
4. 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.**
1. **Garment.** You should purchase two non-under wire compression sports bras (preferably front zipper), unless otherwise instructed. Bring bras to surgery, as they will be placed on immediately after surgery. Black is highly recommended.
2. **Cocoa Butter with Vitamin E.** - You may purchase body cream at any store. Start applying the day after surgery to tense skin on breasts. Do not apply over tape.
3. **Multivitamin.** Begin taking 2 weeks before and take until 6 weeks after surgery. Do not take vitamin E separately from multivitamin.
4. **Vitamin E.** Start taking at day 4. Take 800 units once a day for 3 months. This will help to keep the breasts soft.
5. **Surgical tape for incisions.** Will be provided at your follow up.
6. **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.
7. **Guaze** - You may purchase a box of 4\*4 guaze at any pharmacy or in our office as part of your pre-operative kit.
8. **Bacitracin/Neosporin.** You may purchase Neosporin at any pharmacy or in our office as part of your pre-operative kit.

### Optional

1. **Arnica** - [www.alpinepharm.com](http://www.alpinepharm.com) - may decrease bruising, or help it to go away faster. You may purchase Arnica at any health food store or in our office as part of your pre-operative kit. **\*People with high blood pressure should not take Arnica.**
1. **Chucks and Alcohol Swabs** - May be purchased at any pharmacy or provided at your pre-operative appointment as a part of your Surgical Kit.

### THE DAY OF SURGERY

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

### 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.
1. You may take a cool shower the day after surgery. Make sure you have someone helping you. Put your bra back on. Let water run gently over the drains exits. Dab dry. Place gauze over drain exit.
2. At 2-3 weeks after surgery take your steri-strips off. Start applying ScarLess® 10 days after surgery, allow it to dry blow dry and then re-apply silicone sheets twice a day for two months.
3. Sutures will dissolve on their own.
4. Do not drive for the first week or while on pain medications. Do not do heavy housework and do not work out at all for the first 3 weeks, no upper body workout for at least 8 weeks.
5. Avoid lifting anything heavier than 5 pounds for 2 weeks.

6. Wear a surgical bra 24 hours a day for 8 weeks unless Dr. Cruise instructs you differently.
7. 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.
8. Do not smoke for at least 1 week after surgery.
9. Do not use aspirin-containing products for at least 1 week. You may take Tylenol or pain medication as prescribed.
10. You may apply ice or frozen peas or corn on the breast for the first 48 hours to decrease swelling. Do not apply it directly on your skin.
11. Be sure to use all your medications as directed.
12. 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.
1. Many patients experience some pain for the first 3-4 days and soreness for the first 2 weeks
2. Most of the time the breasts are very swollen and tight for the first six weeks. 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.
3. Swelling and bruising usually clears up within 2 weeks.
4. 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.
5. 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 daily during your shower for 30 seconds for the rest of your life.
6. Your nipples might become hyper sensitive or lose 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 page 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

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|-----------------------|---|
| <b>Blood Clot</b>     | <ol style="list-style-type: none"> <li>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.</li> <li>1. Pay specific attention to Leg Swelling. If you notice swelling on only one leg or calf pain contact the office.</li> </ol>   |
| <b>Drain Function</b> | <ol style="list-style-type: none"> <li>1. Make sure that your drains are functioning.</li> <li>1. Empty drains every 8 hours or when they become more than half full and write down amount of drainage.</li> <li>2. Do not be concerned if the fluid from the body comes around drain.</li> <li>3. You may need to milk the tube if it appears to be clogged.</li> <li>4. Drains come out at about 2-3 days, depending on amount of drainage.</li> <li>5. Note - the drain is always uncomfortable but it is absolutely necessary to prevent fluid accumulation.</li> </ol> |
| <b>Constipation</b>   | <ol style="list-style-type: none"> <li>1. If you are constipated at day 2 stop taking Vicodin or Darvocet.</li> <li>1. Encourage walking, drinking a lot of fluids, consider laxative (Ex-lax or Correctol).</li> </ol>   |
| <b>Fever</b>          | <ol style="list-style-type: none"> <li>1. Make sure to cough and breathe deep as fever is usually in lungs for the first 3 days after surgery.</li> </ol>   |

**Activity**

1. You can take a cool shower the day after. Dab dry. Make sure you have someone helping you.
1. Walk every hour while awake for the first day and then every 2 hours
2. Sleep at 45 degree angle for the first 3 nights.
3. 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**

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.

**DRAIN CARE INSTRUCTIONS AND LOG**

Drain care is required 3 times per day immediately following surgery. Follow these instructions explicitly and record drainage as required, below. You must do this 3 times per day, and at any time the drainage bag is more than 1/3 full. You will be required to submit the drain log to Dr. Cruise for your patient record.

1. Wash your hands well with anti-bacterial soap.
1. Open cap on the drain bulb. Pour out drainage into a clean measuring cup. Record the amount of drainage and time of day as indicated. Dispose of drainage in the toilet and flush.
2. Squeeze bulbs tight. Replace cap.

Once you have measured your fluid drainage, you must "milk" or strip the drain tubing. This is done to prevent small clots from blocking fluid flow.

4. To do this, hold the tubing securely at the skin site with one hand. With the other hand, pinch the tubing between your thumb and index finger and apply firm pressure as you strip the tubing towards the bulb.
4. If the tubing and bulb come apart, wipe the ends with alcohol and reconnect. Squeeze the bulb again and replace cap.

**Cleansing the Drain Site**

Once per day or as instructed, change gauze around drain sites. Change the gauze more often if it becomes saturated.

Check the skin around the drains for leakage or redness (a slight redness immediately around the tube is not unusual). If there is leakage, begin milking the tubes downward towards the bulb and continue milking every hour until leakage slows down. Apply Bacitracin/Neosporin around the drain insertion site. Attach the drainage bag to your clothes so that there is no tension on the insertion site.

**Additional Instructions**

- Always secure the drain to your clothing so that there is no tension on the drain at the incision site.
- Do not cut the drains.
- Keep tubes connected to the bulbs.
- Check that the bulb is always deflated (or flat).

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Patient Signature

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Date

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Representative of Cruise Plastic Surgery