

PROCEDURES

- BILATERAL / SALINE FILLED IMPLANTS AUGMENTATION MAMMAPLASTY (SUBPECTORAL) (Enlargement of my breasts by insertion of saline-filled implants under my pectoral muscles.)

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PREPARING FOR SURGERY

STARTING NOW

- **STOP SMOKING:** You must completely stop smoking for a minimum of 6 weeks prior to surgery or Dr. Shah will not perform surgery. Smoking WILL CAUSE post operative complications, including, but not limited to, BAD SCARS.
- **TAKE MULTIVITAMINS:** Start taking multivitamins twice daily to improve your general health once you have scheduled your surgery. Drinking pineapple juice, two to three 8-ounce glasses a day, will cut down on bruising. You can also purchase Bromelain Tablets from health food stores such as GNC, if you do like or tolerate pineapple juice. Taking Arnica will also help cut down on bruising. A package of Arnica Montana will be in the kit of prescriptions that you purchased from the pharmacy.
- **TAKE VITAMIN C:** Start taking 500 mg of Vitamin C twice daily to promote healing.
- **DO NOT TAKE ASPIRIN OR IBUPROFEN:** Stop taking medications containing aspirin or ibuprofen at least two weeks before surgery, as well as for two weeks after surgery. 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). You may begin taking aspirin and ibuprofen again 2 weeks after surgery, or as prescribed by your doctor.
- **LIMIT VITAMIN E:** Limit your intake of Vitamin E to less than 400 mg per day.
- **FILL YOUR PRESCRIPTIONS:** You will be given prescriptions for medications. Please have them filled BEFORE the day of surgery.

THE DAY BEFORE SURGERY

- **SURGERY TIME:** You will be contacted by our Surgery Center with the time to report for surgery. If you have not been contacted by the end of the day before your surgery, you can call 661-324-6720. If your Surgery is taking place at Mercy Southwest Hospital, you will need to call 661-663-6223 for the report time.
- **CLEANSING:** The night before surgery, shower and wash the surgical areas with Dial antibacterial soap.
- **EATING AND DRINKING:** Do not eat or drink anything after 12:00 midnight. This includes water.

THE MORNING OF SURGERY

- **SPECIAL INFORMATION:** Do not eat or drink anything! If you take a daily medication, you may 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 Dial antibacterial soap.
- **MAKE-UP:** Please do not wear moisturizers, creams, lotions, jewelry, or makeup.

- **CLOTHING:** Wear only comfortable, loose-fitting clothing that does not go over your head. Remove hairpins, wigs, acrylic fingernails and jewelry. Please do not bring valuables with you.
- **CHECK IN/PREPARATION: Surgery Time:** Please call Beautologie Surgery Center at (661) 324-6720 after 4 pm the day before surgery if you have not already been contacted by a nurse with your surgical time.

Report to Beautologie Surgery Center on . You should plan to arrive at the time designated. Patients less than 18 years old must be accompanied by a parent or legal guardian.

MEDICATIONS

GENERAL INFORMATION

- The doctor and the nursing staff have given you prescriptions for your comfort and care. It is important that you use the medications as directed unless you experience abnormal symptoms that might be related to medication usage.

Symptoms such as itching, development of a rash, wheezing, and tightness in the throat would probably be due to an allergy. Should these occur, discontinue all medications and call the office for instructions.

INSTRUCTIONS

- **ANTIBIOTICS:** cephalexin (Kelfex). Take two tablets twice daily for 10 days. Antibiotics help reduce the chance of post-operative infection. If drain tube is in place, antibiotics must be taken until it is removed.
- **ANTI SWELLING:** Arnica Montana (Sinnech). Take as directed.
- **ANTI-ANXIETY:** Diazepam (Valium). Take one tablet the night before surgery for anxiety.
- **MUSCLE RELAXER:** Cyclobenzepine (Flexeril). Take one tablet by mouth every eight hours as needed for muscle spasms.
- **NAUSEA:** Prochlorperazine (Compazine). Take one tablet every six hours for nausea.
- **NAUSEA:** Ondansetron HCl (Zofran ODT). Place one tablet under the tongue while in per-operative holding area to prevent nausea.
- **OVER-THE-COUNTER:** Colace (Colace). Take one tablet two times a day to avoid constipation. Start this when you get home from surgery.
- **OVER-THE-COUNTER:** Docolax (Docolax). Place one suppository rectally every six hours as needed for constipation. If you have not had a bowel movement by the third day take this medication.
- **PAIN:** Acetaminophen 500 mg/Hydrocodone Bitartrate 5 mg (Vicodin). Take one to two tablets every four to six hours as needed for pain.

GOING TO THE OPERATING ROOM

THE OPERATING SUITE

- Going to the operating room is not a normal experience for most of us. Dr. Shah and staff recognize the natural anxiety with which most patients approach this step in the process of achieving their goals. We believe a description of the surgery experience will help to prepare you for it.
- Your surgery will be performed at Beautologie Surgery Center in the operating suite. Specialists using modern equipment and techniques will attend to you. The team includes a board certified anesthesiologist, a trained surgical assistant and nurses who will assist Dr. Shah. A registered nurse is in charge of the operating room.
- Once you enter the operating room, the staff will do everything they can to make you feel secure. You will feel comfortable on the operating table, and the anesthesiologist will start an intravenous drip in your arm. Medicines that will make you drowsy will flow through the tubing into a vein in your arm. At the same time, to ensure your safety, the anesthesiologist will connect you to monitoring devices.

THE RECOVERY ROOM

- When your surgery has been completed and your dressings are in place, you will be moved to the recovery room. You will constantly be connected to monitoring equipment, and during this period, fully trained recovery room nurses will remain with you at all times. These nurses are certified for advanced cardiac life support. You can be confident that you will be well cared for in the recovery room.
- When your initial recovery is completed and all of your vital signs are stable, you will be sent home to continue recovering comfortably.
- Most patients have very little memory about their stay in the recovery room.

POSTOPERATIVE CARE - OUTPATIENT SURGERY

YOUR FIRST 48 HOURS

- **VERY IMPORTANT:** If you have excessive bleeding or pain, call the office at (661) 327-3800, day or night. If it is after hours you can reach us through the answering service at (661) 328-2195.
- **YOUR FIRST 24 HOURS:** If you are going home, a family member or friend who is at least 18 years of age must drive you because you have been sedated, and should stay overnight with you. If you choose to go to a postoperative center, they will provide transportation. If you have any questions about these matters, please ask one of our nursing staff.
- **DRESSINGS:** Keep your dressings as clean and dry as possible for the first 36 hours. After this time you may remove all the dressings (gauze and tape) and any garments you are wearing. Keep the steri strips (clear white tape) or the skin glue on the incisions undisturbed. You may shower 36 hours after surgery. It is ok to get the incisions wet after 36 hours.
- **ACTIVITY:** Take it easy and pamper yourself for at least two weeks after surgery. 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 avoidable.
- **ICE PACKS:** Cold or ice packs help to reduce swelling, bruising, and pain. Use frozen peas in the package or crush ice cubes and put the ice into a zip-lock bag. This should help, not hurt. If the ice feels too uncomfortable, don't use it as often.
- **DIET:** If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If nausea is severe, use the Compazine that is in your medication kit, as directed on the bottle. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet.
- **CONSTIPATION** If you are experiencing severe constipation, with no relief from the oral stool softeners, you may use an over-the-counter suppository as directed. If symptoms persist, drink milk of magnesia or magnesium citrate as directed on the bottle. These medications are available over the counter at all local stores.
- **SMOKING:** Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 6 weeks after surgery. **SMOKING WILL CAUSE HEALING PROBLEMS AND NECROSIS OF YOUR SKIN.**
- **ALCOHOL:** Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink any alcohol (beer, wine, etc.) until you have stopped taking the prescription pain medication, as the combination of pain medication and alcohol can be dangerous.

- **DRIVING:** Please don't drive for at least 2 days after general anesthesia or intravenous sedation or while taking prescription pain medication.
- **POST OPERATIVE APPOINTMENTS:** It is very important that you follow up at the office as directed after the surgery. Please call the office if you do not know your next appointment.

SPECIFIC POST OPERATIVE INSTRUCTIONS

SUBPECTORAL AUGMENTATION MAMMAPLASTY (BREAST ENLARGEMENT)

- **POSITION:** During the first week, attempt to sleep on your back instead of on your side. It would also help if you sleep on a wedge, in recliner, or with some pillows behind your back to prop your head and back up. We want your implants to stay in a perfect position during the initial healing process. This is not a "life and death" issue, however. If you cannot sleep on your back, sleep in another comfortable position.
- **ACTIVITY:** During the first week after surgery do not lift anything or move your arms excessively. This includes avoidance of pulling or pushing yourself off of surfaces. After the first week you may begin very light activity such as walking, the recumbent bike or the elliptical machine at a low resistance. Otherwise you must avoid lifting anything heavier than 10 pounds, which is equal to a gallon of milk, for 4- 6 weeks. The doctor will see you for your long term follow up and assess you to determine if you are ready to go back to a normal activity level.
- **DRESSINGS:** When you go home, you will have a beige/brown strap and a bra on your breasts. The incisions on each breast will be closed with dissolvable stitches and they will be covered with a white steri-strip, gauze and Paper Tape. You may shower 36 hours (a day and a half) after the surgery. When you shower for the first time after surgery you will take off the strap, the bra, the paper tape and the gauze, but **LEAVE THE STERI-STRIPS ON.** Take a shower like you normally would, it is fine to let the soapy water run over your steri-strips because they are waterproof and will fall off on their own within 1-2 weeks. Once you are finished showering, pat the areas **DRY** with a **CLEAN** and **DRY** towel. You **DO NOT** need to put anymore gauze over the incisions, the steri-strips will cover and protect your incision. After you are clean and dry, put the **BRA ON AND THE STRAP BACK ON.** The strap should be placed above the nipple line. This strap is important to wear along with the bra, every day and night for the first week in order to help stabilize the breasts during the honorable healing stage. If we feel the implants are in good position at the time of your one week follow up, we will have you stop wearing the strap and start wearing a sports bra or a bra without an under wire. One month after the surgery, you can start to wear an underwire bra.
- **SHOWERING AND BATHING:** You may shower 36 hours (one and a half days) after surgery. There are specific steps in taking a shower that are described above. Remember to leave the steri-strips (the white tape directly on the incision) on while showering. These white strips will fall off within 1-2 weeks. Do not replace any gauze or tape over the steri-strips; leave the steri-strips open to the air. It is important to remember that you can take your daily showers, but **NO TUB BATHS** or swimming for 6 weeks.

- **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. You must refrain from exposing your skin to tanning beds or any kind of UVA/UVB Rays for the first 6 weeks after surgery. If you would like to use the tanning bed, we ask you to cover your incisions with the Brown Micropore tape and a piece of black electrical tape for the first year after surgery. Protecting your incisions from UVA/UVB damage will ensure your scars heal nicely without the chances of them becoming permanently red and hyperpigmented. Also we recommend you always 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.
- **EXERCISE:** You may take gentle walks within one week after your surgery. Do not return to aerobic exercise or lifting weights for 4-6 weeks. The doctor will assess you during your long term follow up to ensure everything is healed before your activity level progresses.
- **DRIVING:** You may drive when driving does not cause pain and when you are no longer taking your prescription pain medication. This usually occurs in 4-6 days if you have a car with power steering.

LONGER TERM POSTOPERATIVE INSTRUCTIONS

- **ACTIVITY/SPORTS:** We want you to avoid straining or any aerobic activity for at least 4 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 6 weeks. Dr. Shah will give you clearance to increase your activities according to the progress of your recovery.
- **DRIVING:** You may resume driving when you feel you are able, but wait at least 2 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, don't drive!
- **SEXUAL ACTIVITY:** You may enjoy sexual activity as your body allows with the following restriction: please reread Activity/Sports above and apply the same concept to sex.
- **SUN EXPOSURE:** If fresh scars are exposed to the sun, they will tend to become darker and take longer to fade. Sunscreen can help. Take extra care and precautions if the area operated on is slightly numb -- you might not "feel" a sunburn developing!
- **WORK:** Follow whatever plan you and Dr. Shah have agreed upon.

SPECIFIC AS YOU HEAL INFORMATION

SUBPECTORAL AUGMENTATION MAMMAPLASTY (BREAST ENLARGEMENT)

- **ACTIVITIES:** It is important that you not engage in strenuous activities in the first 6 weeks after surgery. Aerobic exercise will raise your blood pressure, which could cause late bleeding and harm your result. If your job keeps you sedentary, you may return to work when you feel comfortable, several days after surgery. Once you begin exercising again, start gently and let your body tell you what it can tolerate. Don't rush!!

- **HEALING OF SENSORY NERVES:** Regeneration of the sensory nerves is accompanied by tingling, burning, or shooting pains, which will disappear with time and are nothing to be alarmed about. If, however, this is accompanied by swelling or redness, infection, or bleeding, then you will need to see Dr. Shah at the office.
- **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. Shah or the nursing staff.
- **"SLOSHING" SENSATION:** You may hear and 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 edema and 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.

FAMILY & FRIENDS

- Support from family and friends is very helpful, but because they may not understand what constitutes a normal postoperative course, their comments may unintentionally create emotional turmoil for you. We will tell you honestly how you are doing and what we expect your result to be. Please trust in our knowledge and experience when we discuss your progress with you.

Although plastic surgery has certainly "come out of the closet" in the past decade, your friends may still be reluctant to bring up and discuss what they believe is a private matter. Patients occasionally feel upset that "no one noticed" or "said anything." If you feel comfortable discussing your surgical experience, do so openly. When people ask how you are, respond by saying, "I feel wonderful. I just had cosmetic surgery and I'm recovering." This lets people know that they may talk freely with you. Often when patients are open, they find that their friends and acquaintances are very interested in discussing the subject.

DEPRESSION

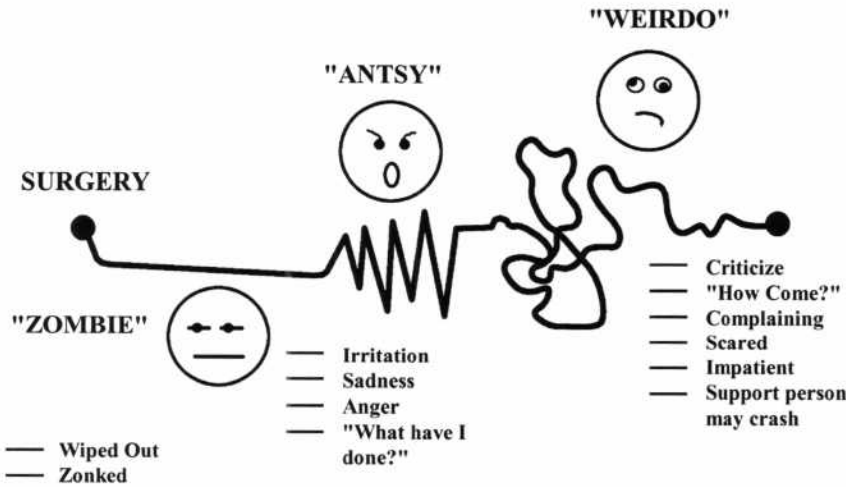
- Quite frequently patients experience a brief period of "let-down" or depression after cosmetic surgery. Some may subconsciously have expected to feel and look better "instantly," even though they rationally understand that this will not be the case. Patients commonly question their decision to have 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. Shah can facilitate (but not accelerate) the healing process. Your cooperation and close attention is extremely important and in your best interest.
- FOLLOWING INSTRUCTIONS: Another major factor in the course of healing is whether you follow the instructions given by Dr. Shah verbally and in this booklet. Such guidelines are designed to promote the healing process and to prevent the occurrence of anything which may interfere with recovery. It is imperative that you recognize that you are a partner in this process and have a responsibility to follow instructions carefully. The instructions, based on broad experience, are designed to give you the best opportunity for healing without delay or surprise.
- COMPLICATIONS: Unexpected occurrences are very infrequent. When they occur, it is seldom a consequence of malpractice. It is far more likely to be a result of the variable healing capacity or the patient's failure to follow instructions. Rest assured, we will assist you in any way possible with regard to such events. Should the unexpected occur, it is in your best interest to ally yourself with Dr. Shah and the staff. We will support you through any difficulties and assist you in reaching your goal.

EMOTIONAL & PHYSICAL REACTIONS

EMOTIONAL ROLLER COASTER



When patients come to see me for their pre-op visit I tell them, "Don't plan on doing anything taxing for a week because you may become tired and want to close your eyes sooner than you normally do. You may find that watching TV is also a strain. You may also experience some facial pain (if facial surgery) during the first couple of days."

I tell patients, "You can count on some bruising swelling and being tired; you can count on some discomfort for the first couple of days, but if you don't have that, what a nice surprise!"



One of the things I ask people in a pre-op visit is "Who will take care of you?" Then I say, "You want to have somebody who's really going to take care of you, who won't say to you when you first get home: "What the heck did you do that for?" Get somebody who's going to be really supportive and caring and who will be warm, because you're really going to need that."

The emotional stages the patient is going through affects the caretaker too. At the end of the first week the support person may be tired and need to go back to work.

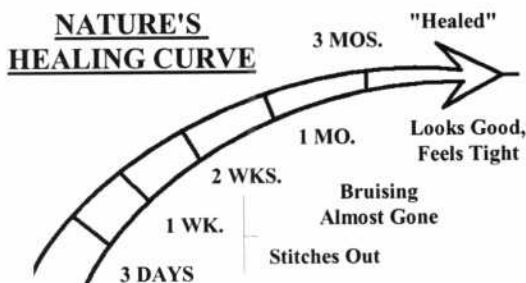
Surgery affects each person differently. These curves are just a basic outline. The most common reaction is to be depressed on the third or fourth day. However, some patients say, "Well, not me. I didn't feel depressed." But three weeks later, they may have a crying jag while driving to work."

"Sometime near the end of the second week they've begun to feel good. And there's a day in there when they realize that they look magnificent."

"Patients experience feedback, both positive and negative. Some people tell

me that they're a bit irritated because people are now paying them more attention than they did before." And I say to them, "Isn't that why you had the surgery? Because you wanted to be more attractive?" And they reply, "Yes, but why didn't they like me the way I was?" But eventually people start to really enjoy the extra attention.

Anyone who has cosmetic surgery has shown they are a person of courage and they may now demand great deeds from themselves. They have given up the excuse called—"I'd be too afraid to do that."



1 YEAR...
... and Healing Still Continues

