AUSTIN G. HAYES, M.D.
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PREPARING FOR SURGERY – Breast Augmentation

Be certain to read these instructions carefully prior to your surgery and follow them closely.

FIVE WEEKS BEFORE SURGERY

- Discontinue all nicotine products.
- Schedule preoperative appointment with Dr. Hayes for preoperative medical history, obtaining prescriptions, photos, and final implant sizing (for out of town patients, this is commonly done over the phone)

THREE WEEKS BEFORE SURGERY

- Confirm surgery date with our office
- Arrange your transportation for the day of surgery
- Arrange for accommodations if you live outside Portland (plan to stay one night in Portland after surgery)
- Arrange for someone to stay with you the night of surgery
- FIRST POST-OP APPOINTMENT will be 1 day after surgery. You will need someone to drive you to this appointment.

TWO WEEKS BEFORE SURGERY

- You will have your pre-operative appointment 2-3 weeks before surgery.
- Have all prescriptions filled (given at pre-op appointment)
- Do not take any aspirin, ibuprofen (Motrin), Vitamin E, fish oil, garlic supplements, bromelain or medicines containing these compounds for 14 days before your surgery. Other medications prescribed by your personal physician should be taken as necessary.
- Purchase the following over-the-counter medications (**Ibuprofen**)
- Purchase post-operative bra. **See link at www.DrHayesSupplies.com**
- Payment due for surgery

24 HOURS BEFORE SURGERY

- Do not shave your underarms within 2 days of surgery.
- Relax and eat well
- **Do not eat or drink anything,** *including chewing gum and breath mints,* **after midnight prior to your surgery**

DAY OF SURGERY

- Brush your teeth **(do not swallow any water)**. Leave contact lenses at home.
- Avoid using hair products, body lotions, deodorants or perfumes on the day of surgery.
- Wear a front-buttoned shirt, comfortable pants and shoes (something that slips on and off easily). Bring a jacket.
- Leave valuables at home, including jewelry, handbags
- **Arrive on time**
- **Take 400mg of Celebrex, with a small sip of water, 1-2 hours before surgery (if prescribed by Dr. Hayes)**
- Your caregiver will be instructed in post surgical care when they arrive to transport you.
- Bring surgical bra and all medication that has been prescribed for this procedure

POST OP APPOINTMENTS

A 1-day post p and 5-7 day postop appointments will be scheduled. Please anticipate additional post-op visits at 6 weeks, and 1 year. Bring your surgical bra to your post-op appointments. **We do request a minimum of 48 hours** for cancellation or change of appointments.

- FIRST POST-OP APPOINTMENT will be 1 day after surgery. You will need someone to drive you to this appointment.

ITEMS FOR POSTOPERATIVE COMFORT

- Sleeping on your back will be the most comfortable
- Wear comfortable clothes that button or zip in the front.
- See postoperative instructions for breast augmentation

PLEASE CALL THE OFFICE WITH ANY QUESTIONS OR CONCERNS:
503-297-9340