

**AUSTIN G. HAYES, M.D.**  
**Board-Certified Plastic Surgeon**

**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.

**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 1-3 days after surgery. You will need someone to drive you to this appointment.

**TWO WEEKS BEFORE SURGERY**

- You will have your pre-operative appointment 1-2 weeks before surgery.
- Have all prescriptions filled (given at pre-op appointment)
- **Do not take any aspirin, ibuprofen (Motrin), naproxen (Aleve), tumeric (curcumin), Vitamin E, fish oil, garlic pills, ginseng, ginger, ginkgo, bromelain, kava kava, celery root or medicines containing these compounds for 14 days before your surgery.** Other medications prescribed by your personal physician should be taken as necessary.
- Purchase post-operative supplies. See link at [www.DrHayesSupplies.com](http://www.DrHayesSupplies.com)
- Purchase the following over-the-counter medications (**Ibuprofen**)
- 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 anything for 6 hours before surgery**
- **Do not drink anything for 4 hours before surgery.**
- **CLEAR DRINKS (pre-op carbohydrate drink) are okay to have up to 3 hours before surgery.**

## **DAY OF SURGERY**

- Brush your teeth. Leave contact lenses at home.
- Avoid using hair products, body lotions, deodorants or perfumes on the day of surgery.
- **Wear a front-buttoned shirt or zip-up jacket, comfortable pants (sweatpants or leggings), warm socks, and shoes (something that slips on and off easily). Bring a jacket.**
- Leave valuables at home, including jewelry, handbags
- **Arrive on time**
- Your caregiver will be instructed in post surgical care when they arrive to transport you.
- Bring all medication that has been prescribed for this procedure.

## **POST OP APPOINTMENTS**

1-3 day and 8-14 day post-op appointments will be scheduled. Please anticipate additional post-op visits at 3 months. **We do request a minimum of 48 hours** for cancellation or change of appointments.

- **FIRST POST-OP APPOINTMENT** will be 1-3 days 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. It's okay to sleep lying flat if desired.
- **Wear a front-buttoned shirt or zip-up jacket, comfortable pants (sweatpants or leggings), warm socks, and shoes (something that slips on and off easily). Bring a jacket.**
- See postoperative instructions for breast augmentation

***PLEASE CALL THE OFFICE WITH ANY QUESTIONS OR CONCERNS:  
503-748-0069***