

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

**PREPARING FOR SURGERY – Breast Lift/Reduction**

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**

- 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 the following over-the-counter medications (**Miralax, Tylenol**)
- Purchase post-operative bra. Purchase a zip-front sports bra. For breast lift patients, this should fit slightly loose in the bra cup. For breast reduction patients, the bra should fit just a little tight now, so that it's slightly loose after surgery.
- Purchase post-operative supplies. See link at [www.DrHayesSupplies.com](http://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 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, comfortable pants 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 5-10 day post-op appointments will be scheduled. Please anticipate additional post-op visits at 6 weeks, and 6 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.
- Wear comfortable clothes that button or zip in the front.
- See postoperative instructions for breast lift/reduction.

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