

## General:

- Please arrive at the facility 90 minutes in advance of your surgery.

## Lifestyle:

- Smoking – No smoking 8 weeks prior to and 4 weeks after surgery. Smoking reduces the blood supply to the skin and causes wound healing complications.
- Diet – Nothing to eat or drink after midnight the before surgery.
- Hygiene – Use an antibacterial soap the night before and the morning of surgery. Do not apply perfume, body lotion or powder. No Make-up!

REMOVE ALL BODY PIERCINGS! No exceptions. Shower after your post-op appointment.

- Valuables – Leave all jewelry and valuables at home.
- Clothes – Wear comfortable, loose, old clothes and flat shoes. Wear a button-front shirt and loose pants with elastic waist.
- Ride – You must have a ride home from the facility and a responsible adult with you for the first 24 hours.

## Medications:

- Do not take any aspirin-like products (aspirin, Bayer, Motrin, Advil, Aleve, etc.), Vitamin E or herbal supplements 2 weeks prior to surgery. TYLENOL is OK.
- Have at home Vaseline ointment for application to the nipple and areola 2-3 times a day after the breast reduction and breast lift surgery.
- General anesthesia and prescription drugs can cause constipation; beginning 2 days before surgery please take Colace 100 mg in the morning and evening to minimize constipation. This can be purchased over the counter.
- On the morning of surgery, please place a transdermal patch behind your ear. This may help with queasiness after surgery.
- On the morning of surgery please take a Zofran tablet with a sip of water before leaving your home. This may help with a sour stomach after surgery.

## Garments:

- Dr. Mahony will bring your custom *body* garments to the facility on your surgery day.
- For all breast surgery patients, please purchase a Fruit-of-the-Loom: Women's' Comfort Front Close Bra, style# 96014. Please order one size up from your typical band size. For example, if you wear a size 36 ... get a size 38.

## Pre-Op Studies:

- All ordered studies should be received by this office 2 weeks in advance of your surgery.

## Drainage:

- Drains should be pinned to the garment's
  1. Bra Band
  2. Thread through crotch of garment and pin to the leg of the garment
- Use the yarn to loop around your neck or waist to suspend them without tension when showering
- Liposuction patients should place a plastic cover (such as a dry-cleaning bag over the mattress pad) to reduce staining of linens.
- Drainage is expected from Liposuction access sites for 24-48 hours after surgery.

## Massage:

- Liposuction patients should begin massage on post-op day one.

## Scar Therapy:

- We recommend the use of Silagen for scar massage, which can be purchased in the office.
- We recommend the use of Tissue Repair Gel for soft tissue massage, which can be purchased in the office. This reduces bruising.