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PLASTIC SURGERY OF THE FACE, BREAST AND BODY  
CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

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## BREAST SURGERY - BEFORE AND AFTER INSTRUCTIONS

### BEFORE SURGERY

- [ If age 50 or over, you need to visit your internist or regular medical doctor for a medical check-up and clearance about two weeks before surgery. Your laboratory testing can be done with your internist as part of your clearance with the results faxed to our office.
- [ To minimize bleeding complications, do not take any type of Aspirin, multivitamins, supplements, herbals about two to three weeks before surgery. If something is not medically prescribed for you, do not take it. Check with us regarding your specific medications or questions.
- [ Fill all your prescriptions before surgery – there will be at least two: one for pain (usually Vicodin or Percocet), one for antibiotics for 4 days (usually Keflex or Levaquin), pending any allergies. Generics are cheaper and are OK. Get Tylenol (regular or extra strength) also.
- [ Ask us about our before/after surgery nutritional supplements. They are optional but may help to reduce bruising and swelling after surgery.
- [ Absolutely no smoking (direct or indirect) at least two weeks before surgery – the longer the better.
- [ No alcohol within four days of surgery, esp. no red wine.
- [ To minimize the potential for blood clots and emboli, practice calf exercises (ballerina point/flex type) prior surgery so you know how to do them starting right after surgery.
- [ Obtain enough surgical dressings for 12 dressing changes which you will start after your first office visit and first shower 1-2 days after surgery. Non-adherent dressings, like Telfa, are good but any sterile dressing will do. The doctor will demonstrate the dressing change on your first visit after surgery.
- [ Obtain a tube of any antibiotic ointment (double, triple, Neosporin, Polysporin) to place onto the dressing before it goes on your skin.
- [ Obtain paper tape to hold the dressing in place.
- [ Obtain rubbing alcohol to clean the incision after each shower and before placing each new dressing.
- [ The day before surgery, we will usually perform your surgical skin marking. We will review your preoperative photos and reaffirm our goals as clearly as possible and address any remaining questions and concerns. If you cannot come to the office the day before surgery, we will do this the morning of surgery. If you wish to take a long shower before surgery, do so before the markings (although you can take a small shower after the markings). You might also want to avoid wearing your favored clothes since the markings may stain them.
- [ Be well nourished, hydrated and rested before your surgery. Be in bed no later than 9 PM the night before. If you anticipate being very nervous, ask us for a mild sedative prescription when receive your other prescription before surgery. If you develop any cold or other significant symptoms, we will need to reschedule your surgery.

- [ Do not eat or drink anything after midnight the night before your surgery and nothing for breakfast morning of surgery.
- [ Leave valuables at home – only bring essentials.
- [ No makeup the morning of surgery. Avoid nail polish. No earrings or other piercings. No contact lenses.
- [ Wear extra comfortable, loose fitting clothes and flat shoes. Avoid shirts that require you to raise your arms above shoulder level.
- [ Plan on arriving at the hospital about 1-2 hours before scheduled start time.
- [ Bring some magazines to leaf through before your surgery gets started.
- [ Pre-schedule your first and second follow-up after-surgery visits with us so your family / friends can plan their schedules.

### **AFTER SURGERY**

- [ Stay at home in bed for the remainder of the day.
- [ Rest in bed with your torso slightly elevated around 20 degrees from the horizontal.
- [ Practice your calf exercises every hour while lying in bed.
- [ Cough and clear your lungs of secretions.
- [ Eat 3 meals a day - well balanced food with plenty of protein, fiber and carbohydrates. Ice cream, to cheer you up, is also OK. If you don't eat, you will be weak and nauseated longer than necessary.
- [ Drink plenty non-carbonated drinks: water and juices.
- [ Get out of bed every two to three hours and walk a little bit, then back to resting.
- [ Take your antibiotics as instructed – for 4 days or otherwise instructed.
- [ Manage your pain using the Vicodin or Percocet, no more than every 4 hours, preferably with food in your stomach or you will be nauseous. If the pain is not bad, don't use Percocet but try Tylenol (regular or extra strength) instead. The goal is not pain elimination but management so you can function. Two days after surgery, you should be finished with the narcotic.
- [ The day after surgery, you will come to our office for your first check up. At that point, we will change the dressing and adjust a compression strap above your breasts to maintain the implants in their proper position. This strap will be worn for 2 weeks.
- [ Two days after surgery, you may take a shower. Afterwards the incision is to be cleaned with rubbing alcohol, then covered with antibiotic ointment and a sterile dressing, followed by re-application of the breast compression strap. Thereafter you may shower daily.
- [ You cannot drive a car until you are completely off all pain medications and your arms are no longer sore – usually 3 or 4 days.
- [ Following your first after surgery visit, you are expected back in the office 2 or 3 days later, then again in the second week, until you are two weeks out from surgery.

**Material needed for dressings (12 Day Supply):**

- **Sterile Dressings**
- **Surgical Paper Tape**
- **Ointment**
- **Rubbing Alcohol**
- **Cotton Balls**
- **Scissors**

**If any question is not covered by the above, ask us any time. There is every opportunity to have all your questions addressed. Call us: 305-381-8837.**