



**Wellesley  
Cosmetic  
Surgery**

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## Pre-Operative Instructions for Breast Augmentation Patients

Please report to the office no later than \_\_\_\_\_ on the day of surgery ( \_\_\_\_\_).

**Do not** take Advil, Motrin, blood thinners, aspirin or aspirin by-products for 5 to 7 days before the procedure. (Products such as Alka Selter, Anacin, Bufferin, Excedrin, Davron Compound, Fiorinal may contain aspirin) Tylenol is acceptable.

**Do not** eat or drink anything after midnight the night before **or** the morning of your procedure.

**Do not** chew gum, or have mints, or eat candy. Your surgery **will be cancelled if you fail to follow these instructions.** (You may take any daily prescriptions that must be taken in the morning. However, please take them with as little water as possible.)

**Stop all** dietary supplements (i.e. vitamins, herbal remedies, etc.) for two weeks before your procedure.

**If you smoke, you must stop smoking for two weeks before and for two weeks after your procedure.**

**Shower well** the morning of your surgery and thoroughly clean your skin with soap and water. If you use spray on self tanner please avoid using for one week prior to surgery and remove residue with alcohol the morning of your surgery.

**Do not** use creams, powders, lotions, perfumes, or deodorants anywhere the morning of your surgery.

Wear comfortable clothes and low shoes, i.e. a top that zips or buttons up the front, sweatpants and sneakers. Please leave all jewelry at home including all body piercings.

You **must** have someone accompany you to the office the day of your surgery. This person must remain in our office (or the surrounding area) and be available to pick you up after the procedure. You **cannot** be driven home by cab unless an adult friend or family member is with you.

Arrange for someone to assist you at home for two to three days after the procedure.

You will need to take five to seven days off work to recuperate. If your employment requires any physical/exertional duties (lifting objects 5lbs or more, bending, etc.), you may need to take more than seven days off.

Failure to cancel your surgery within **15 business days** will result in the loss of your \$250.00 surgery deposit.

These instructions have been reviewed with me and I understand my obligations prior to surgery. I also understand that failure on my part to follow these instructions will result in the cancellation of my surgery.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Certified by the American  
Board of Plastic Surgery

Facility accredited by the Joint  
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## Post-Operative Instructions for Breast Augmentation Patients

You will be placed into your sports bra immediately after the procedure. This bra is for your comfort and for breast support. This bra should be worn until your first post-operative appointment. Do not wear any type of underwire bra until after your first visit.

Please read the medication information that is provided to you with this packet. It is extremely important that your medications be taken exactly as prescribed.

After your surgery, you are likely to experience some discomfort particularly in the first two to three days. The degree of discomfort depends on you as the individual.

You will be restricted from any strenuous/exertional activities that cause discomfort. After the first three to four days, if an activity does not cause you any pain or discomfort, you may resume this activity. **Refrain from resuming your normal exercise regime after the procedure until Dr. Shektman clears you for it.**

You may shower the day of surgery. There will be two white paper strips located under the breasts covering your incisions. **Do not disturb these tapes.** They are there to protect the incisions. You may shower safely with the strips in place; the water will not affect them.

There will be discomfort not only in the chest but also in the back. There may also be some difficulties drawing deep breaths. This is due to the muscles and skin stretching to accommodate the implants. These symptoms are normal and will gradually subside in the days following the surgery.

It is not uncommon for one breast to hurt more than the other or for one side to be more swollen than the other is. If, however, you notice 1) there is a significant difference in the size of the two breasts, 2) one breast hurts much more than the other breast or 3) the shape of one breast is not as round as the other, please call the office immediately to report your symptoms.

Please remember that the symptoms listed above are only a guideline. You may experience some, all, or none of these symptoms. Or you may experience them for a longer or shorter period of time listed above.

Your recovery will depend solely on you as an individual.

If there are any questions or concerns, contact the office at (781) 239-0680. Dr. Shektman can be reached 24 hours a day.

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