

General: You can expect to take 4 weeks off from work and activities. After four weeks you can return to light work and activities.

Pre-operative:

1. Three weeks before surgery, make sure you have discontinued all medications that are associated with increased bleeding. These include aspirin, ibuprofen, aleve, Plavix, Coumadin/warfarin, vitamin E, fish oil, xarelto, eliquis. If you are on any of these medications you must let Dr. Wilson and his staff know. You may take Tylenol and extra strength Tylenol only.
2. Patients must be non-smokers. If you are a smoker at the time of your diagnosis you must have stopped smoking for six weeks before any surgical procedures will be performed. Nicotine products may be used to aid in smoking cessation, but must also be stopped prior to surgery. You may be asked to complete a blood test to check the circulating levels of nicotine in your system prior to surgery.
3. We recommend you purchase arnica tablets and begin them one week prior to your procedure and continue for the week following the procedure. These are available at our practice or at your local health food store. Follow the instructions per your particular packet; each brand has different dosing guidelines.
4. You must have someone drive you to and from your surgery. You must have an adult to help you for the first 24 hours. If you do not have someone to help you, the office can help you coordinate a nurse or assistant.
5. Dr. Wilson will prescribe you your pain medication the day of the procedure. Rarely will you need narcotic pain medications for this procedure. Start a stool softener the day before surgery there are narcotics in anesthesia and if you are taking pain medication post-surgery you will need to stay on the stool softener to prevent constipation.
6. You will need to purchase Chlorhexidine wipes (2% Chlorhexadine Gluconate cloth - Patient Preoperative Skin Preparation). You will use these to cleanse your chest for the two days prior to surgery. This wipes aid in reducing the amount of natural bacteria found on the skin to aid in preventing infection. You may purchase these wipes through our office or they can be found online.
7. Do not eat or drink anything after midnight the night before surgery. If you have a medication you must take in the morning, take with a small sip of

water. Shower the morning of surgery making sure there are no traces of makeup left on your skin. Do not apply moisturizer or body lotion the morning of surgery and do not wear contact lenses. Please wear comfortable clothing that either zips or buttons in the front and comfortable pull on pants.

#### Post Operative: First 48 Hours

1. Notify Dr. Wilson if you have any increased bruising or asymmetrical swelling. This may be a sign of bleeding.
2. If you have drains make sure that you strip and empty your drain approximately every 4 hours. Record all output measurements. Drains will not be removed before two weeks. The drains will be removed when they are less than 30 cc a day for 2 days in a row.
3. You will take prescribed antibiotics as long as the drains are in place.
4. Take pain medications as prescribed. Only take the medications as needed. Do not take ibuprofen, aspirin or Aleve. You may start these medications in 48 hours. If taking medications with acetaminophen in them, do not exceed a total of 3 grams per day.
5. Do not use ice unless specifically instructed by Dr. Wilson or his staff.
6. You will need to adopt "t-rex arms" until drains have been removed. This means keeping your elbows bent and not to move your upper arms away from your body. This positioning is intended to prevent you from reaching for objects.
7. You may have a bra post-operatively. Dr. Wilson will provide this. There will be foam placed inside the bra to prevent fluid collections. You may also have a special stabilizing bra (bandeau). If this is placed at the time of the surgery, please wear it at all times. You can remove to shower and resume wearing after shower. If you do not have a surgical bra on post operatively you may wear something that is comfortable for you, confirm with our staff if this is appropriate for your case.
8. You may have a Prevena incision vacuum dressing when you wake up from surgery. This dressings is designed to aid in proper healing of your incisions. The dressing will have a small tube leading to a electronic suction device. This device will make a humming or buzzing noise when the suction is active. The suction will start and stop on its own. If the device making an alarm that does not clear after a few minutes you should contact our office.

9. Resume a regular diet. If the first night you do not feel up to eating, ensure you take in plenty of fluids. Do not take medications on an empty stomach.

### Post Operative: 2 days to 2 weeks

1. Resume a regular complete diet.
2. Patients will need to take at least four weeks off from work postoperatively. Refrain from any exercise, lifting, or pulling for four weeks at which point you can start light activities. No heavy exercise for six weeks. No push-ups for six weeks. Avoid any activities which result in activation of the chest muscles.
3. You may shower one week after your surgery. If there are any dressings still in place at that time you can remove them unless specially instructed otherwise. Water and gentle soap can be used on the chest, but do not soak your incisions.
4. Do not wear an underwire bra unless instructed by Dr. Wilson or his staff. You can resume wearing an underwire bra six weeks after your procedure.
5. You can resume your Aspirin and other medications associated with bleeding risk one week after your procedure.
6. Do not hesitate to call the office with any questions. Call the office if you have any redness, drainage, fevers or chills.

### Post Operative: 3+ weeks

1. If you have a tissue expander(s), plan to have a weekly fill of the expander(s). You may want to take Valium following the expansion. Remember that you cannot drive while taking this medication.
2. Expansion will start at three weeks postoperatively if we have determined that the incisions are well healed and there are no extenuating circumstances. Expansion will not start before three weeks, and cannot be done if there is still healing at the incisions.

In case of an emergency please contact the office at 603-294-4526.

