



## Top Surgery Instructions

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General: You can expect to need 1 - 2 weeks off from work.

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 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 online dispensary or at your local health food store. Follow the instructions listed on your arnica tablets; each brand has different dosing instructions.
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. You will be prescribed pain medications prior to your surgery. These medications will be available for pick up the day prior to your surgery. You will need to start a stool softener the day before surgery and continue while you are on pain medication to prevent constipation.
6. 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, do not apply body lotion or anything to your skin the morning of surgery and do not wear contact lenses. Please wear comfortable clothing that either zips or buttons in the front.

### Post Operative: First 48 Hours

1. The day of the procedure you may have two drains. These drains assist with preventing any fluid collections. You will empty these drains as demonstrated by the nurses. Please follow our drain instructions for additional information.
2. Make sure that you strip and empty your drain approximately every 4 hours. Record all output measurements.
3. 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.
4. Notify Dr. Wilson if you have any increased bruising or asymmetrical swelling. Notify the office if you are feeling dizzy. Notify the office if you have a temperature greater than 101.0F.
5. Ensure that you drink plenty of water or Gatorade your first night. If you have the appetite you should eat as well. Make sure you do not take any medications on an empty stomach.
6. You will be placed in a binder or special garment. Make sure you leave this garment in place for the first week. Do not get the nipple grafts wet under any circumstance. The binder should be snug but not so tight as to be uncomfortable. You should make sure the bind comes up and covers all the areas where liposuction may have been performed.
7. Ensure you have a comfortable, clean place to rest free of pet hair.
8. Take pain medications as prescribed. Only take the medications as needed. Do not take ibuprofen, aspirin or Aleve for the first 48 hours. Take valium if it is prescribed for you. This assists with pain control. If taking narcotic pain medications do not take valium at the same time.
9. Do not use ice unless specifically instructed by Dr. Wilson or his staff.

### Post Operative: 2 days to 2 weeks

1. Your drains will be removed when they reach less than 30 cc (ml) a day for two days in a row and have been in for at least one week. You will have an appointment one week after surgery to have your drains and bolsters for the nipple grafts removed. In rare cases drains may need to be left for longer periods of time.



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2. You can drive as long as you are not on narcotic pain medications or valium.
3. Resume a regular complete diet.
4. Refrain from exercise for two weeks at which point you can start light activities. No heavy exercise for six weeks.
5. Wear your post procedure garment for at least two weeks 24 hours a day and then wear at night for a total of 4 weeks more. This is critical to maintain your result. You may purchase step down post operative garments from Marena or Clear Point compression to aid in reducing swelling.
6. Do not hesitate to call the office with any questions. After your drain removal make sure to call the office if you notice any fluid buildup. This is readily noticeable. Make sure that you wear your compression immediately after drain removal.
7. Nipple grafts. The bolsters will be removed at one week. The nipples will likely appear dusky. They will likely peel over the next week and then regain their color. Place silvadene cream or bacitracin on the nipples twice a day. Place a bandage over these for the next two weeks (for a total of three weeks after your surgery). At that time you can get the nipples wet. It is ok to shower before this period but note that you should not soak or swim until the three-week point has passed.

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