

Preparation for Breast Enlargement Surgery

Knowing what you should do in the weeks and days before breast enhancement and breast enlargement surgery can make your operation and your recovery easier and faster.

In the weeks before your breast enhancement surgery:

Go through your house and look at the things you have in cupboards or on shelves (kitchen, bathroom, bedroom etc.) Anything that may be a problem for you to reach after you have surgery, you will want to move to a more reasonable level.

Buy one or two bras of the size you expect to wear after your breast enlargement surgery. Start to wear these a few weeks before your breast implants or breast enhancement surgery and pad them to fill them out to the appropriate size. This is a good way to see how you will look in your clothes after the breast enlargement surgery and be sure that the size you think you want is actually the size with which you will be comfortable.

If you smoke, STOP smoking at least a month before surgery. If you are unable to stop altogether, cut down as much as you can. Smoking reduces the oxygen levels in your blood and you will not heal as well or as fast.

If you are used to sleeping on your side or your stomach, try to get used to sleeping on your back or try sleeping, propped up in your bed, with pillows behind your back to see how you fare. You will need to sleep this way for a few days after surgery.

If you expect your period around the time of your surgery, be sure you tell your surgeon this. He/she may want to reschedule the surgery for sometime before or after your menstrual cycle.

Be sure your surgeon has a list of all of your medications, especially ongoing medications for illness or disease (like insulin, heart medication, medication for high blood pressure, or anti-depressants).

Stop taking aspirin or other blood thinners (unless your surgeon advises you to continue these for other medical conditions) 14-30 days before surgery. Ask your surgeon if you can continue taking vitamins, aspirin or other occasional medication before your surgery.

The week before your surgery:

Try to get your shopping and laundry done during this time so that you don't have to do a lot of lifting or pulling when you come home from the hospital. You should also change the sheets on your bed so you don't have to wrestle with bed linens when you are healing from surgery.

Be sure you have some lighter fare in your pantry in case you don't feel up to eating a large meal. Jello, soups, crackers and other lighter meals and snacks are great. You might also consider cooking some things in advance and putting them in the freezer, so you don't have to cook meals or wash a lot of pots and pans after your surgery.

Be sure you have soft ice packs or an ice bag into which you can put ice cubes to put on your breasts (as advised by the surgeon) and help with the swelling and the discomfort right after surgery.

Try to drink a lot of water for a week before your surgery (8-10 8 oz glasses per day) to hydrate your body. This may also help to ward off post-operative nausea from general anesthesia.

The day before your surgery:

Do not smoke or drink alcohol for at least 24 hours before surgery. Follow your surgeon's recommendations regarding the number of hours he wants you to go without food or drink before the scheduled operation.

Remove your jewelry and finger nail polish.

Prepare clothes to take to the hospital for your trip home. Choose loose fitting clothing that buttons or zips up the front so it is easy to dress after surgery.

Call your friend or family member to confirm that they will be able to bring you home after surgery. If at all possible, arrange to have someone stay in your home with you for a day or so after the surgery so that you don't have to do a lot of lifting or work, and you can get some rest.

Take your bath or shower and wash your hair, shave your legs and underarms etc. Be sure you do not nick yourself under the arms. Do not put any oils or creams on your skin around your chest, breasts, neck or underarm areas.

On the day of the surgery:

Do not wear makeup, jewelry or creams, oils or finger nail polish to the hospital.

Wear 100% cotton underwear to the hospital, if your surgeon is going to let you keep your underpants on during surgery.

Be sure you talk to your surgeon again and repeat what you have agreed on for anesthesia, the kind of implant you are getting, and the size your breasts will be after surgery. It never hurts to double check!

Ask your surgeon for any special instructions he might recommend after surgery. How should you treat post-operative nausea? What should you use for swelling? Does he need to give you a prescription for pain medication?

What can you eat and how soon after surgery can you eat? What should you take if you are constipated? When can you bathe and how should you treat dressings and incisions? When does he want to see you in his office for a follow-up appointment? Under what circumstances should you call him (if you have certain symptoms or problems or questions)?

If you are well prepared for your surgery in the weeks and days before your operation, you will have an easier time in the hospital and during recovery.

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About the Author

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