**Pre-Operative Instructions**

**Breast Augmentation**

Before your surgery, it is important that you follow Dr. Shaddix’s pre-operative instructions very closely. This will increase the likelihood of having an uneventful procedure, a smooth recovery, and achieving the results you desire. If you should have any questions regarding these instructions or any other aspect of your care, please call our office at (850) 476-7100.

* For two weeks prior to surgery, do not take aspirin or aspirin-containing products (Bufferin, Anacin, Excedrin, etc.). If you need medication for a headache or other pain, tylenol is safe when taken according to the directions on the label. If you are taking any other medications that thin your blood, please discuss these with Dr. Shaddix.
* Discontinue all diet and herbal medications 2 week prior to surgery.
* Notify us as soon as possible if you develop an illness, such as a cold, prior to surgery.
* DO NOT SMOKE! Smoking is harmful to wound healing and increases the chance of complications. If you do smoke, you must tell Dr. Shaddix. You must stop smoking at least 1 month before and 1 month after surgery.
* Do not eat or drink anything after midnight on the night before surgery.
* Take a bath or shower the evening prior to surgery or the morning of surgery.
* Go to bed early and get plenty of sleep the night before surgery.
* On the day of your procedure, do not wear any skin care products, makeup, deodorant, perfume, nail polish, or powder.
* Do not bring valuables with you to the hospital or surgical center.
* Make sure you bring someone with you to the surgery center to drive you home afterwards.
* Fill your prescriptions prior to the day of surgery.
* Ask Dr. Shaddix if you should take any of your regular medications on the morning of surgery. Generally it is best to continue any blood pressure or blood sugar medications. These may safely be taken with a sip of water on the morning of surgery.