



BUFFALO PLASTIC SURGERY

DR. TAMARA B. DAWLI

Instructions for Breast Surgery

1. You will need to have your medical clearance completed 4 weeks before surgery. You will need to schedule an appointment with your primary care physician, complete labwork, Chest X-ray (if over 60 years old) and EKG (if over the age of 50). Be sure to have these all done 4 weeks before your surgery date. Be sure to have them faxed to the office as soon as you get them to 716.407.6483. You can also have them emailed to: info@buffaloplasticsurgery.com
2. Do not take any Aspirin or Ibuprofen or NSAIDs of any kind for 2 weeks before surgery and 1 week after.
3. Do not smoke or use nicotine patches/gum for 6 weeks before your surgery and 6 weeks after. No second hand smoking for 6 weeks before surgery.
4. One week before surgery (and to be continued for 4 weeks after surgery), begin vitamin supplementation with Vitamin C, 1000mg three times a day and a multi-vitamin daily.
5. Three days before surgery and the morning before surgery, wash with an antiseptic skin cleanser containing Chlorhexidine everyday. (Hibiclens (brand name for Chlorhexidine) is the most commonly available product and can be purchased at most local pharmacies). Be sure to wash inside of your bellybutton, groin, arm pits, and abdominal skin.
6. Prepare your house and recovery area by having plenty of clean pillows, foods that are soft on your stomach, and plenty of liquids. Make sure you have an extra pair of compression socks at home, which can be ordered online.
7. The night before your surgery sleep in fresh, clean sheets and garments. Do not have anything to eat or drink after midnight the day before your surgery.
8. The day before your procedure, go to the pharmacy and get your prescriptions. Look at the "Instructions on Medications after Surgery" to make sure you have everything.
7. After surgery, it is important for you to have someone available to stay with you for the first 24-48 hours, as you will be weak and drowsy. You may require help the first few times you get out of bed. After surgery, it is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. You should get up and walk every hour while awake. A light diet is best after surgery. Begin by taking liquids slowly and progress to soups or Jell-O. You may start a regular diet the next day.
9. For the first 48 hours keep your arm movements to a minimum. Your arms should not be used to support your body or lift anything heavy. Do not push with your arms to lift yourself in bed.
10. Leave the dressings in place. Leave the operative bra and tape in place. These will be removed at your first visit. You will be able to start wearing an underwire bra 3 months after surgery.
7. Strenuous activities and exercises are to be avoided until 3 weeks after surgery. (heart rate should stay below 100 beats per minute.) This includes sexual intercourse and sexual activity. You may gradually resume normal daily activities after 48 hours being careful to avoid any activity that causes pain or discomfort. Everyone's recovery is different. Driving may be resumed when a sharp turn of the steering wheel will not cause pain; this is usually within 5-7 days. You may sponge bathe after your surgery. Do not shower until cleared to do so by Dr. Dawli.



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WHAT TO EXPECT AFTER SURGERY

- Sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear. You will have altered sensation of your nipples.
- You may or may not have drains. If you have drains, then please see the drain instruction sheet.
- Bruising and swelling are normal for 2-3 weeks. It will disappear over time.
- Please note: If you develop a fever (oral temperature greater than 100°), redness and/or increased pain at the surgical incision sites, please call Dr. Tamara Dawli immediately.

Follow up:

Dr. Dawli will be available to you at all times with any questions. Please call the office at 716.821.2935 or email at info@buffaloplasticsurgery.com. The office will set up your follow up appointments.

Instructions on Medications after Surgery

Pain Management:

1. Take Tylenol 650 mg scheduled every 6 hours whether or not you are having pain. Do not take it if you have a liver problem or allergy. Be sure to take it with food. You will be prescribed Tylenol.
2. Take the Oxycodone for breakthrough pain that is not controlled by Tylenol. You will be prescribed Oxycodone.
3. You can start Motrin one (1) week after surgery. After the first week, you can take both Tylenol and Motrin every 6 hours.

Antibiotics

1. You will be prescribed an antibiotic to prevent infection. Please take your antibiotic as directed.

Stool Softener/Constipation Prevention

1. Take Colace 200mg twice a day to prevent constipation. You will be prescribed Colace.
2. If you have not had a bowel movement 48 hours after surgery, then you should start over the count Milk of Magnesium.

Nausea

1. If you have nausea after general anesthesia, then you should take Zofran 8mg every 8 hours as needed for nausea. You will be prescribed Zofran.



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Information on Drain Care

What is a JP drain?

The Jackson Pratt drainage system (JP drain) draws out fluid that collects under your incision (surgical cut) after your surgery. It has a soft plastic bulb with a stopper and flexible tubing attached. The drainage end of the tubing (flat white portion) is placed into your surgical site through a small opening near your incision. This area is called the insertion site. A suture (stitch) will hold it in place. The rest of the tube will extend outside your body and will be attached to the bulb. When the bulb is compressed (squeezed) with the stopper in place, a constant gentle suction is created. The bulb should be compressed at all times, except when you are emptying the drainage.

How long will the drain be in place?

How long you will have your Jackson-Pratt depends on your surgery and the amount of drainage you're having. Everyone's drainage is different. The Jackson-Pratt is usually removed when the drainage is 30 mL or less over 24 hours. You will record the amount of drainage in the drainage log. It's important to bring the log with you to your follow-up appointments.

How do I take care of the drain?

Please follow the steps:

1. Milk the tubing to remove clots.
2. Empty the drain 4 times a day and record the amount of drainage. If you have more than 1 drain, make sure to measure and record the drainage of each one separately. Do not add them together
3. **Instructions on how to Milk the Tube:** These steps will help you move clots through the tubing and keep the drainage flowing. Milk the tubing before you open the stopper to empty and measure your drainage. You should also do this if you see fluid leaking around the insertion site. 1. Clean your hands. 2. Pinch the tubing close to where it goes into your skin between the thumb and forefinger of your hand. This will help to make sure that you're not tugging on your skin, which can be painful. 4. With the thumb and forefinger of your other hand, pinch the tubing right below your other fingers. Keeping your fingers pinched; slide them down the tubing, pushing any clots down toward the drainage bulb. You may want to use alcohol wipes to help you slide your fingers down the tubing. 5. Repeat steps 3 and 4 as necessary to push clots from the tubing into the bulb.
4. **Instructions on how to Empty the drain:** 1. Prepare a clean area to work on and gather your supplies. 2. If the drainage bulb is attached to your garment or wrap, first remove it from there. 3. Unplug the stopper on top of the bulb. This will cause the bulb to expand. Do not touch the inside of the stopper or the inner area of the opening on the bulb. 4. Turn the bulb upside down, gently squeeze the bulb, and pour the drainage into the measuring container. 5. Turn your bulb right side up. 6. Squeeze the bulb and replugin the stopper. 7. Measure the amount of fluid. The first couple of days after surgery, the fluid may be dark red in color. This is normal. As you continue to heal it may appear pink or pale yellow. 8. Record the amount. 9. Flush the drainage down the toilet and rinse the measuring container with water. 10. At the end of each day, add up the total amount of drainage for the 24-hour period and record it in the last column of the drainage record. If you have more than 1 drain, measure and record each one separately.

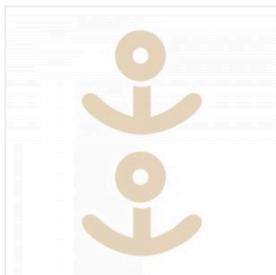


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Instructions for Scar Management after Surgery

1. After your dressings are removed and your steri-strips fall off and it has been 3 weeks since your surgery, you can then start silicone gel therapy to treat your scars.
2. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided and use a sunscreen with SPF of 15 with UVA and UVB protection for at least 6 months.
3. We recommend using NewGel Scar gel silicone therapy strips after surgery and continuing for 3 months after surgery. (Please note: we have NO financial ties to the company.)
4. Here are the strips we recommend. We have provided you with a promotional code: Newgel216 for 10% off. You can find them on the website: www.newgelplus.com All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided and use a sunscreen with SPF of 15 with UVA and UVB protection for at least 6 months. The incision scars can be massaged with the scar therapy cream (see scar care instructions.) This will promote early softening and maturation of these areas.



4 PIECE SILICONE BREAST KIT - BEIGE (NG-128)

\$95.00

The Breast Kit is designed for "anchor" scars resulting from breast reduction, breast lift, or breast reconstruction surgery. This value pack combines one pair of areola circles and one pair of anchors at a lower price than purchasing each separately.

ADD TO CART

Includes One Pair (2) of Beige Breast Anchors and One Pair (2) of Beige Areola Circles per box [Learn More](#)