

# PATIENT INFORMATION

A publication of West Tennessee Healthcare

## Breast Augmentation

You are scheduled to have a breast augmentation. The purpose of this handout is to help you know how to prepare for this surgery and what to expect during your surgery.

It is the hope of the surgery staff that you will have a good experience while you are a patient in our hospital. **We are here to serve you!** Please feel free to ask any questions that you might have.

### What is breast augmentation?

Breast augmentation is enlargement of your breast. This is done by using a pouch that is filled with saline. Saline is similar to your body's normal fluids. The pouch is very durable and can withstand normal stress and pressure. In the rare case that the pouch should break or leak, the saline will not harm you.

Breast augmentation may be done:

- To rebuild your breast after a mastectomy
- To correct breasts that are uneven
- To make breasts larger

### What do I need to do before my surgery?

- Take a shower the night before surgery and the morning of your surgery with the special soap that you are given. If you are not provided a special soap, use your soap that you normally shower with.
- Do not eat or drink anything after midnight the night before your surgery.
- Please do not chew gum. (This raises the level of acid in your stomach.)
- If you are taking medicine for your blood pressure, heart, or asthma you may take this with a small sip of water the morning of your surgery. If you take diabetes medicines and/or insulin, talk with your doctor about whether you should take them.
- You may brush your teeth and rinse your mouth as long as you do not swallow any water.
- Please remove all nail polish.
- Please remove all jewelry including body piercings.
- Do not wear makeup.
- On the day of your surgery:
  - Wear comfortable clothing that is loose fitting, easy to get into, and that opens in the front.
  - Bring all medicines that you take to the hospital with you.
  - Do not bring anything valuable or large amounts of money with you to the hospital.
  - Have a responsible adult drive you to the hospital and stay during your surgery. **You will not be allowed to drive yourself home.**

## **What can I expect the day of my surgery?**

- After you have been to the Admitting Office you will be taken to a room. This may not be the room where you will be taken after surgery.
- You will be given a hospital gown and asked to remove all of your clothes including underwear and socks. Put on the gown opening in the back.
- You will be asked questions about your medical history. Many of these will be the same questions that you have already been asked. Please know that we need to ask these again so that we can give you the best possible care.
- If you are having surgery on only one breast, this breast will have a mark put on it using a special pen.
- You may go to the Pre-Anesthesia Area (PAU) to get ready for your surgery, or you may get ready in your room. If you go to PAU, you will be there for about one to one and a half hours before your surgery.
- Your nurse will tell your family where to wait.
- You will have an IV (a needle in your arm for fluids) started. You will be given medicine to help you relax.
- If you are prepared for surgery in PAU, you will have sticky pads put on your chest so the staff can watch your heart. A blood pressure cuff will be put on your arm so that your blood pressure can be checked. A device called a pulse oximeter will be put on your finger. This will tell how much oxygen is in your blood. If you do not go to PAU before your surgery, these things will be done in the operating room.
- Someone from anesthesia (the person who will put you to sleep) will talk to you.
- Your entire chest will be shaved and washed.
- When your doctor is ready for you, you will be taken to the operating room. The room will be cold. You will be given a warm blanket.
- Your entire chest will be shaved and washed.
- Your team in the operating room will include your doctor and his assistant, an anesthetist, a circulating nurse, and a scrub nurse. All of these people are there to take care of you and no one else.
- The anesthetist will place a mask over your face. This will give you plenty of oxygen to breathe. You will be given medicine in your IV that will relax you to the point of sleep. The anesthetist will give you medicine so that you will sleep through the operation and you will not wake up during the surgery.
- When the operation has started, the nurse will call your family. Your family will be called at least every hour during the surgery. This surgery usually takes from one and a half to three hours to complete.
- When the operation is over, the anesthetist will give you medicine that will help you to wake up. You will be taken to the Recovery Room.
- The doctor will talk with your family.
- You will stay in the Recovery Room for about one hour. You will have oxygen either in your nose or through a mask placed over your face. When you are able to take deep breaths this will be removed. There will be a nurse taking care of you. He or she will be watching your blood pressure, heart rate, and oxygen level.

- Your nurse will also check your bandage for any bleeding or other drainage. You will have on a bra or an elastic wrap when you wake up. This may be tight. This is used to give support and to reduce swelling and bruising.
- If you are in pain or feel sick at your stomach please let the nurse know so that you can be given medicine.
- When you are more awake, you will be taken back to your room. There will be a nurse taking care of you.
- When you are fully awake and do not feel sick at your stomach, you will be given something to drink and then to eat.
- Ask for help the first time that you try to get out of the bed. **Do not try to get up without help.**
- Most women are able to go home either the day of surgery or the following morning.

### **What should I do when I go home?**

- Your doctor will give you guidelines to follow. Be sure to follow his or her instructions.
- Do not drive or operate machinery until your doctor says that you can.
- Your doctor will tell you when you can return to normal activity.
- Keep your bandages clean and dry.
- You may notice some swelling and bruising around the incision. This will go away in a few days. Your breast may be tender and sensitive. Be sure to wear a bra that provides good support.
- If steri-strips (thin strips of tape across the incision) are in place, allow them to remain in place until they fall off on their own.
- Do not lift anything heavier than a five-pound bag of potatoes until your doctor tells you that you can.
- Please be sure to keep your follow-up appointment with your doctor.

### **Call your doctor if you:**

- Have a fever above 100.5° twice
- Notice redness around your incisions
- Notice any blood or other drainage from your incision
- Have pain not relieved by your pain medicines
- Have any other questions or concerns