

## **Before Surgery Instructions**

### **What to do the week before the surgery**

1. Do not take any Fish Oil, Omega-3, Aspirin, Ibuprofen, Aleve or any other over-the-counter pain relievers besides Tylenol for 1 week prior to surgery. These may thin the blood and can lead to excessive bleeding during or after surgery. Inform Dr. Kinney if you are taking a prescription blood thinner.
2. Please fill any prescriptions prior to the procedure.
3. Please schedule your follow up appointment. Follow up appointments are generally scheduled approximately 7-10 days after surgery unless specified otherwise. We will go over any pathology results at the time of your follow up appointment.
4. Please arrange for someone to drive you home following the procedure. It is encouraged to have an adult or an older child in the house with you for the first 24 hours after surgery. If you do not have anyone to drive you home, please contact the office to request information about local community groups that can assist you.
5. Please report any changes in your physical health.

### **What to do the day before the surgery**

6. Take a bath or shower both the night before surgery and the morning of surgery. This reduces the number of normally present skin bacteria, and thus reduces the already rare risk of a wound infection.
7. **Do not eat or drink anything after midnight the night before surgery.** Undigested food in the stomach can cause vomiting during the early and late phases of your anesthetic, and this can lead to serious complications. Your surgery will have to be rescheduled if you forget to abide by this rule. You are allowed to take blood pressure or heart medication (except diuretics) with a small sip of water the morning of surgery.
8. The anesthesiologist will usually call you the evening before surgery. Please have a list of any concerns or questions about the anesthesia, so they can be addressed at this time.
9. Please refrain from smoking after midnight the day preceding surgery to hasten your recovery from the anesthetic. It is strongly encouraged that you refrain from smoking for at least 2 weeks after the procedure as smoking can increase your risk of infection and inhibits wound healing. If you need any assistance to help you quit smoking, then please contact Dr. Kinney.

### **What to do the day of the surgery**

1. Bring your CD or films from your latest mammogram.
2. Bring a well-fitted, comfortable bra to the hospital. You will wear this home for both support and to hold your dressing in place.
3. Do not wear any jewelry the day of surgery. Leave all valuables at home.
4. If you have asthma, please bring your inhalers with you to surgery.
5. If you have sleep apnea, please bring your CPAP machine with you to surgery.
6. Please remove contact lens prior to surgery.
7. Dr. Kinney will talk with your family and friends after the surgery. Instruct them to wait in the surgery waiting room.