

BREAST AUGMENTATION INFORMATION

PRIOR TO YOUR BREAST AUGMENTATION PROCEDURE

- Your initial consultation with Dr. Papalian will include a discussion regarding your options in terms of implant type, approach, shape, and texture for your implant.
- During your initial visit you will be provided with written material on both Silicone and Saline implant options.
- Should you decide to schedule your augmentation procedure; a second “sizing appointment” will be scheduled when you will have the opportunity to focus on size selection with Dr Papalian.
- For your “sizing appointment”, please bring a soft stretchy bra, without any padding with you of the size you think you might want to be. Additionally, please bring a number of different type tops and blouses, to try on with implants in place. Feel free to bring a friend, spouse or family member with you to help in the decision process. Your sizing appointment will last up to 1 hour to give you ample time to make the proper selection.
- Prior to your procedure, you will have your “Pre Op” visit with Dr. Papalian generally 2 weeks before to your surgery.
- At that time, your medical condition will be reviewed and any preoperative testing evaluated. For women over 40 years old, a recent mammogram is recommended.
- You will be given clear information on what to expect before, during and after surgery.
- A discussion will take place regarding Breast Implant Warranty information. The implant manufacturers provide a basic level of coverage. Patients are able to purchase extended coverage if they choose. Information will be provided.
- You will be provided with a prescription for your postoperative medications and it is recommended that you have the prescriptions filled at your local pharmacy and ready at home prior to your surgery
- Smoking before surgery will always increase your risk, however it is imperative that you refrain from smoking for 6 weeks prior to your procedure.
- Avoidance of Aspirin and Aspirin containing products is strictly prohibited for 14 days before surgery.
- It is recommended that you avoid alcohol for 48 hours pre operatively.
- “Herbal remedies” and “herbal supplements” are to be avoided for 14 days preoperatively.
- You will be give instructions by Dr. Papalian, on which of your prescription medications you should continue to take before your surgery at the time of your Pre-Op visit.

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Plastic & Reconstructive Surgery

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- Nausea after surgery is not an uncommon finding. Dr Papalian finds that if you eat a light, low residue, low volume diet for the entire day prior to surgery, patients often have fewer issues with nausea.
- Hydration however is important. Drink plenty of water.
- The night prior to surgery, **after midnight**, it is important that you **DO NOT EAT OR DRINK ANYTHING**, including water.
- You will need to ensure that you have proper help at home for after surgery. It is always recommended that you have someone with you for the first night after surgery.
- You will need to arrange for your transportation to and from the facility and for your first postoperative visit, as it is recommended that you not drive to the first visit.
- Surgery, while anxiety provoking, should be a controlled fulfilling experience. You will be provided with all the information needed to ensure you are prepared and “ready” for your procedure.
- Dr Papalian will guide you “each step of the way” and ensure that you are comfortable with your progress
- You should ask questions and feel free to contact the office if you need any information.

YOUR BREAST AUGMENTATION SURGERY DAY

- **After midnight** the night before surgery, it is important that you **DO NOT TO EAT OR DRINK** anything, including water.
- It is best to wear clothes that are easy to slip on. A top that is either a front zipper or button is recommended
- Your procedure will be performed as an **outpatient** at the **Plastic Surgery Center in Palo Alto**.
- Your procedure will be performed under **General Anesthesia**. The anesthesia providers are physician anesthesiologists, not nurses, who will personally and continuously attend to you, for your ultimate safety.
- After your procedure, you will spend time recovering at the center. There is no defined time for discharge. The facility staff will ensure that you are ready to go home before you are discharged.
- You will need transportation home from the Plastic Surgery Center in Palo Alto.
- After surgery you may resume your routine prescription medications.
- You will be discharged with a surgical bra and elastic wrap around your chest area. You will leave the dressings in place for the first night.

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RECOVERY FOLLOWING BREAST AUGMENTATION

- Recovery from Breast Augmentation is typically rapid. After just a few days of soreness, patients usually return to usual activities.
- Discomfort following surgery is commonly well controlled with pain medication taken for the first few days.
- You will be seen the day following your Breast Augmentation procedure, when the dressings will be removed and implant massage will begin.
- Implant massage is a critical component to achieving the result you desire. The process will be well explained to you, demonstrated, and you will be able to demonstrate the massage technique at your first visit.
- You will continue the implant massage technique for 3 months after surgery to ensure proper implant pocket size in order to avoid capsular contracture.
- You may shower and wash your hair the day following surgery after being seen in the office.
- Swelling and bruising is typically minimal.
- Most patients return to work in 7 days. .
- Regular exercise can be resumed in 14 days.

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