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Aesthetic Cosmetic Plastic Surgery

Patient Suggestions

These are patient recommendations and not necessarily required. They are for you to think about, and may aide in your progress.

- Nothing to eat/drink so many hours prior to surgery, or it could be postponed!!
 - As with any surgery, always have someone with you for the first 48 hours.
 - Have Dr. Brown's phone number near phones and with your helper.
 - Fill your prescriptions. Put pills and vitamins in a day-of-the- week holder so you wouldn't forget.
 - Lay out loose clothes to wear. Use button up shirts, you won't be able to lift arms to pull shirts on overhead. Slip on shoes and pants.
 - Mentally review the week or 2 following surgery – bills to pay, birthdays coming up.
- You want your body in the best condition possible to help it cope with surgery and have a fast recovery. As early as possible, eat very healthy, forego your vices, exercise to reduce stress.

Hair: Wash your hair. If you have long hair you may want to braid or put in an elastic only (not metal in band) hair band prior to surgery and for a few days after. You may want to schedule a hair appt for after your surgery to wash and do your hair for you. You can always cancel it.

Underarms: Shave or wax prior.

Drinks: -Get a small cooler and fill with drinks or thermos filled with drinks that you can easily loosen.

Medicine: Notepad by your bedside with directions for your meds, and so you may write down when you have taken your meds. Also you may want a little timer device to remind you.

Pictures: Take before pics.

Nausea and Constipation: Have meds/suppositories on hand for both just in case. Tell your anesthesiologist to give you anti-nausea. Nausea and Constipation: A whiff of rubbing alcohol may stop nausea. For natural health people, ginger is supposed to help nausea, Butternut-Cascara for constipation.

Household goods:

- Make your recovery room as pleasant as possible. Have fresh flowers, scented candles or potpourri.
- Make the couch with sheets, blankets and pillows plus a U-shaped pillow. -Make up the bed with fresh sheets and lots of pillows-Lay out items you use in bathroom, like mouth wash, toothpaste & brush, hair brush, contact lens stuff, makeup, etc.
- Walk through your home looking at everything with your arms pinned to your sides as though you can't raise your hands above your shoulders and don't have the strength to open cupboards.
- Set up TV trays on either side of a recliner, and a lazy Susan to put more items in reach. I used a divider tray (for office drawers) to hold meds. chap sticks, pen and note paper, Kleenex, etc.
- Set up table close to you with your stuff, drinking and pill taking water, RX's remotes, phone, vitamins, tissue, books, magazines, water bottle, etc.
- Have snacks by your recliner for late nights and when you're alone, juice boxes, applesauce and pudding cups, fruit, crackers, nuts.
- Have some uplifting books and movies for recovery.
- Use a long straw and plastic utensils

- Paper plates cut down on doing dishes.
- Tell your helper to leave food and dishes down.
- Have facial cleansing pads, and Arm & Hammer dental gum.
- Turn shampoo and lotion bottles upside down.
- Soft cosmetic cotton squares are a blessing for tender nipples.
- A heating pad for a sore back, NOT breast.
- Use a whistle to call your helper (bells may not be heard).
- A back scratcher is good for your back and to help reach items.
- Tie a long ribbon to any ceiling light chains.
- Take garbage out.
- Get all the laundry out of the way.
- Clean the house and do the dishes.
- Put dry foods on counter and refrigerated foods at lower levels.
- Recharge remote control batteries, cordless phone.
- Pay bills and do all your banking.
- Fill your car with gas.
- Go grocery shopping and pre-cook some foods to freeze for easy microwaving, such as soup.
- Get 4 bags if (2 to use while others are refreezing) of frozen small fruit/peas (vegetables tend to smell after freeze/thaw) or ice bags for swelling, put these bags in zip lock bag, just in case the original bag develops a leak. You may also want to make smaller bags so you can ice the top and bottom of each breast.
- Get pet care taken care of, get their food and empty the litter box.
- Have your pet's favorite treats on hand to make up for less attention.

- Practice sleeping on your back in advance.
- Strengthen your stomach muscles to help you get up.

Take to surgery: – chap stick, glasses (no contacts), don't wear any makeup, hairspray, deodorant, powder, nothing on skin or hair, take pain Rx and water to take meds with and pillow for the ride home, wear warm socks or slippers for surgery, comfy shoes, list of any last minute questions. Take a nice long hot shower and wash your hair and shave everything before going.

- Take some cold ginger ale or water to sip on the way back home.
- Take a coffee can or something with a lid for the ride home in case you get sick.

Bloating: You may have bloating for a week or two. Drink lot of water to help flush it out and move around as you can to help it dissipate. It is the fluids migrating downward from the surgery and swelling.

Blue Markings: The blue will wash away in a couple days.

Emotions: The first couple of weeks you may experience a little post-op depression. This is normal and will go away, just take deep breaths.

Itching: This is from your nerve endings coming back to life. Putting ice helps with this.

Nipples: Your nipples may be extremely sensitive, keep them moisturized (after areola incisions are sealed). Protect with soft cotton. Wear silky camisoles.

Back Muscles: May ache (use a heating pad, but NOT on new breasts).

Menstrual Cycle/Period: Your cycle may be thrown off for a month or 2. It will return to normal. Have pads Vs tampons for after, easier to change.

Yeast infections: Either get yogurt or acidopholus (in health food stores) to ward off oral or vaginal yeast infections.

Getting Up: To get up from the edge of the couch, get your butt to the edge, put your feet about 2 or 3 feet apart with your toes pointing out, bend your knees, try to keep a straight back and then stand up by straightening your knees (like a ballerina). Hold on to your boobs.

Fluids: Drink plenty of fluids (sugar free)

Pain: -Do not fight the pain! You will tense up and make it worse. Just go with ice.

-Day 2 & 3 is usually the worst.

-You may feel sharp, shooting pains on the outside of your breasts toward your back (these are major nerve endings regenerating).

-There will probably be pain between your breasts, the area your skin is stretched the tightest. -Stay on top of your meds and keep food in your stomach. Take your meds like the doctor ordered. You don't have to be in pain.

-It is common to be sorer in the morning; this will ease.

-Try to ride pain like an ocean wave rather than fighting it, which makes it worse.

-Use deep breathing and visualizations.

-Also try to stand correctly; you will tend to hunch.

-Start to walk around a little as soon as possible and get some fresh air.

-Eat if you get hungry (something simple like scrambled eggs or Jello).

-Get lots of rest; sleep if you are tired.

-Listen to your body and don't over do it.

-If you are used to sleeping on your sides or stomach, you might find your couch as well as a recliner is easier to sleep on since it gives you back support. Sleeping/resting elevated on a few pillows also helps with swelling and the discomfort most feel upon walking in the morning.

-Put pillows under your arms for support (like a throne).

-Use ice or frozen fruit like raspberries (smell better after freeze/thaw) on the swelling and bruises 15 minutes on and 15 minutes off. Have a couple of extra bags to use while the others are refreezing.

-Have someone help you with showers especially to dry you off, and to help you get dressed.

Scars: I applied a small amount of vitamin E (but be careful.it may cause contact dermatitis), after my incision healed and Dr. Brown gave the go ahead. I also massaged the scars to break down the scar tissue and did not tan my scar for a year. (I used SPF in a chap stick container on the scar).

Your breast may be high, hard, uneven, with nipples pointing down or sideways, shiny from swelling. They may be under your chin. You may hear gurgling, creaking noises, (it's just air they will go away soon). The saline will settle with time as your overly stretched and tight chest muscles relax and the lower breast tissue/skin stretches. The firmness is from the tight muscles, not the implant itself. It is common for one side to be much firmer, higher, more painful, etc. Your dominant sides usually the slowest to drop because the muscles are tighter. Everyone heals at a different rate, allow the body the time it needs. Get lots of rest. Do a lot of deep breathing to help you relax and speed healing. The most important aspect of your healing is mental, maintaining a positive attitude and sense of humor will get you through the rough spots. It is all worth it, you will be thrilled!

-Don't look at them for a month! You will save yourself the anxiety of the TOO'S: Too big, too small, too high, too low, and too funny.

BRAS: Wait at least a month before buying new bras, If you find bras that you like, but aren't suppose to or like under wire, just make a small snip in the wire lining and pull it out.