



DR. ROBERT HOUSER
COSMETIC & PLASTIC SURGERY
OF COLUMBUS, INC

495 Cooper Road, Suite 217 · Westerville, OH 43081

Phone: 614.890.5565 · Facsimile: 614.890.5561

Diplomat, American Board of Plastic Surgery

Member, American Society of Plastic Surgeons

www.Drroberthouser.com

BREAST SURGERY INSTRUCTIONS

Before Your Operation...

1. No aspirin or medicine containing aspirin and no Vitamin E for 2 weeks before surgery, since they can interfere with normal blood clotting. **If needed, use Tylenol instead of aspirin.** (If in doubt, check with the office.)
2. **Smokers SHOULD STOP ALL TOGETHER FOR 2-4 WEEKS BEFORE BREAST REDUCTION AND UPLIFTS** and cut down to no more than 3 or 4 cigarettes a day for 3 days before surgery for breast augmentation. This includes use of nicotine in any form (tobacco, nicotine patches or gum.)
*****WARNING: Smoking may cause poor or delayed healing - even death of skin (gangrene) in addition to lung complications and bleeding.**
3. Report any signs of a cold or infection appearing within 3 weeks before your surgery.
4. **If you take medication of any kind, call the office to check with Dr. Houser or his nurse about instructions for the day of surgery.**
5. Arrange for a responsible adult to drive you to your home, hotel or motel after surgery.
6. Complete financial arrangements with the Office Manager including any payments due before surgery.
7. If you have any questions before your operation, call (614) 890-5565 weekdays between 9:00 a.m. and 5:00 p.m.

Day of Surgery...

1. **Do not eat or drink anything after midnight the night before your surgery unless instructed otherwise by Dr. Houser.**
2. Do not apply underarm deodorant or anti-perspirant.
3. Wear comfortable, loose fitting clothes that don't have to be put over your head. No pantyhose please. **IF YOU ARE GETTING IMPLANTS AND WE ARE NOT ORDERING A BRA FOR YOU, BRING A BRA.** *(An old stretchy bra would work well, but take any underwires out. There is really no need to purchase anything new, the purpose of this bra is to give some light support and hold dressings in place for a short time. If you don't have anything that seems appropriate, don't worry about it.)*
4. **You must have a family member or friend drive for you after surgery.** *Upon arrival at the facility, give the nurse your driver's name and phone number, as well as address and phone number where you will be the night after surgery.*



DR. ROBERT HOUSER
COSMETIC & PLASTIC SURGERY
OF COLUMBUS, INC

495 Cooper Road, Suite 217 · Westerville, OH 43081

Phone: 614.890.5565 · Facsimile: 614.890.5561

Diplomat, American Board of Plastic Surgery

Member, American Society of Plastic Surgeons

www.Drroberthouser.com

- 5. You must have a responsible adult spend the first 24 hours with you.** *Additional instructions and prescriptions can be given to the person calling for you. Such prescriptions should be filled promptly, therefore bring appropriate prescription cards with you.*
6. Arrive at the time recorded on your surgery confirmation sheet.

After Your Surgery...

1. Rest until the next day.
2. You may go to the bathroom with assistance.
3. Take medications according to instructions on bottles. Have someone else give you your pain medicine according to the correct time intervals, since under its influence, you might forget and take it too often. Do not mix alcohol and pain medicine.
4. Smokers should follow the same instructions for after surgery based on your procedure.
5. The period of greatest discomfort usually does not last more than 12 to 14 hours. Thereafter you may find that you need the pain medicine less frequently.
6. Placing well padded ice bags over the breast often relieves discomfort significantly.
7. Call (614) 890-5565 if you have:
 - Severe pain not responding to pain medicines.
 - More swelling and/or pain on one side than the other.
 - Fever over 100 degrees F.
 - Any other question or problem.
8. Avoid smoking for a week after your operation to prevent coughing and possible bleeding and skin loss.
9. You may bathe or shower after the bandages have been removed the day following surgery.
10. Expect bruising on the under side of breasts and on the chest wall. There may be more 3 to 5 days after surgery than the first day.
11. Expect considerable swelling which takes 2 to 3 weeks or more to resolve.
12. You may feel or hear air beneath the skin if implants were used.
13. You may drive a car when you feel you can move your arms comfortably.
14. You may sleep on your back of course, but do not sleep on your stomach for the first few weeks.



DR. ROBERT HOUSER
COSMETIC & PLASTIC SURGERY
OF COLUMBUS, INC

495 Cooper Road, Suite 217 · Westerville, OH 43081

Phone: 614.890.5565 · Facsimile: 614.890.5561

Diplomat, American Board of Plastic Surgery

Member, American Society of Plastic Surgeons

www.Drroberthouser.com

15. Some lumps may be present in the lower part of the breasts for several weeks after surgery.
16. Expect changes in shape for up to 6 months after surgery.
17. Strenuous exercise (e.g. golf, tennis, swimming, weight training) may be resumed after 2 or 3 weeks. **START SLOWLY!!!**
18. If you have implants and you notice any signs of increasing firmness of one or both breasts, even months after your operation, please notify us promptly.

Smokers should not smoke for 2 weeks after surgery to reduce post surgical complications related to smoking. This includes use of nicotine in any form (tobacco, nicotine patches or gum.)

*****WARNING: Smoking may cause poor or delayed healing - even death of skin (gangrene) in addition to lung complications and bleeding.**

Feel free to call us any time. We want you to be as comfortable as possible during your healing period.

Office Visits...

First: 1 week following surgery. Skin tapes or stitches may be removed at this time.

Second: 2 to 3 weeks following surgery.

Subsequently: Usually 2 months and 6 months after surgery. Dr. Houser will let you know when he will want to see you again for follow-up.