



NORTHEAST PLASTIC SURGERY  
CENTER

5 Davis Road East  
Old Lyme, CT 06371

Tel 860.390.6000  
Fax 860.215.8150

info@northeastpsc.com

www.northeastpsc.com

**Vinod V. Pathy, MD, FACS**

**Megan J. Phillips, PA-C**

## **Breast Reconstruction: Replacement of Tissue Expander with Permanent Implant Pre-operative Instructions**

- Your scheduled surgery date is \_\_\_\_\_.
- Your procedure will be performed at \_\_\_\_\_.
- You should call Surgical Booking at \_\_\_\_\_ one business day prior to your scheduled procedure to determine as to when to arrive to the facility.
- Labwork has been ordered for you in preparation for your surgery, which may include an EKG and/or a chest X-ray as well. Please complete all tests at least 1 week prior to your procedure, but no more than 4 weeks before your scheduled surgical date.
- If you smoke or use any other nicotine products (including the patch or gum), please stop at least 4 weeks prior to surgery. You should refrain from nicotine products for at least 4 weeks following your surgery as well. Smoking reduces circulation and can therefore result in wound healing impairment. It may also increase your risk of capsular contracture formation.
- Avoid aspirin, ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol and products containing Vitamin E for 1 week prior to as well as following your surgery, as they result in a higher risk of bleeding. If you are taking blood thinners such as Coumadin or Lovenox, your regimen will be coordinated with your Coumadin Clinic and medical physicians.
- You have received prescriptions for \_\_\_\_\_ as a post-operative antibiotic, \_\_\_\_\_ for post-operative pain relief, and \_\_\_\_\_ for relief of post-operative muscle spasms. Please fill these prescriptions prior to your surgical date.
- Please purchase a sports bra or a breast augmentation front-closure surgical garment and bring it with you to the operating room on the day of your procedure. If you already have your breast garment from your original tissue expander procedure, you may choose to use the garment at this time again. A breast stabilizer band should be purchased at this time as well. You may purchase these through [www.marenagroup.com](http://www.marenagroup.com). Often, patients choose to purchase a second garment for ease of cleaning and wear. Be sure to indicate Dr. Pathy's name while purchasing to receive a discounted rate.
- Do not eat or drink anything starting at midnight on the night before your surgery. If discussed at your pre-operative visit, you may be able to take selected medications with a sip of water on the morning of your surgery.
- Wear a large, front-closure shirt to the hospital on the morning of your surgery.

Please contact us with any additional questions or concerns.