



NORTHEAST PLASTIC SURGERY  
CENTER

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**Tissue Expander**  
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 2 weeks 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 6 weeks prior to surgery. You should refrain from nicotine products for at least 6 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 alcohol for at least 48 hours prior to your surgery.
- ▶ Avoid the following anti-platelet agents for 7-10 days prior to your surgery, including, but not limited, to: ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol, fish oil, herbals, and supplements including those containing Vitamin E, and for 1 week following your surgery, as they result in a higher risk of bleeding.
- ▶ If taking the following blood thinners or anti-platelet agents, please notify your surgeon AND contact the provider managing such medications as soon as possible to obtain instructions if and when you should stop the medication prior to surgery, and which alternative medications may be used in the interim: aspirin, Coumadin (warfarin), Lovenox, Plavix, Pletal, Effient, Aggrenox, Pradaxa, Savaysa, Xarelto, Eliquis, or Brilinta.
- ▶ In order to reduce the risk of Surgical Site infections (SSIs), our practice recommends showering with a 4% strength chlorhexidine (CHG) wash for two consecutive days prior to your implant-based surgery. Take at least a 1-minute pause prior to rinsing off the CHG during each shower. We additionally recommend the following twice daily, starting 5 days prior to surgery. (1) blow your nose, (2) apply mupirocin (i.e. Bactroban) to coat a cotton swab, (3) place the coated swab into one nostril, gently moving the swab in a circular motion to contact the surfaces of the nostril adequately, (4) repeat steps 2 and 3 for the other nostril, (5) gently press the sides of the nose together, massaging for 1 minute, (6) do not blow your nose, (7) note that the final such treatment will be the night immediately prior to surgery.

- ▶ You have received prescriptions for \_\_\_\_\_ as a post-operative antibiotic, \_\_\_\_\_ for post-operative pain relief, and \_\_\_\_\_ for relief of post-operative muscle spasms if the expander will be placed beneath the muscle. Postoperative pain management includes other modalities that are non-narcotic based to minimize reliance on such medications. Please take Colace post-operatively to limit constipation. Please fill these prescriptions at least 1 week prior to your surgical date.
- ▶ Bring all of your prescribed and regularly used over-the-counter medications with their original bottles to the facility on the day of surgery.
- ▶ Please purchase 4"x4" gauze and 1" surgical paper tape from your pharmacy prior to your surgery, as you will need them for post-operative dressing care.
- ▶ We will assist in obtaining a specialized front closure surgical garment which you will bring to the operating room on the day of your procedure. Often, patients choose to purchase a second garment for ease of cleaning and wear.
- ▶ Do not eat or drink anything starting at midnight on the night before your surgery. If discussed at your pre-op visit, you may be able to take selected medications with a sip of water on the morning of your surgery. **Please refer to the additional instruction sheet if you are on medical weight loss treatment.**
- ▶ You may shower the morning of your surgery, if you have not been marked the day prior to your surgery. Do not apply any moisturizers, makeup, deodorant, or perfume.
- ▶ Remove all jewelry, rings, necklaces, and piercings, prior to your operating room visit. Leave all non-essential valuables at home.
- ▶ Avoid wearing contact lenses to your operating room visit.
- ▶ Wear a large, front closure shirt to the hospital on the day of your surgery.
- ▶ Arrange for appropriate transportation in advance of your surgery, as you are required to have a family member or friend bring you to and from the facility, before and after your surgery, as you will be unable to safely transport yourself home post-operatively.
- ▶ In an effort to ensure that our breast reconstruction patients are receiving the proper information, we have created a password-protected brochure specific to breast reconstruction. Please access our website, then select the "**Resources**" tab, and then select "**Breast Reconstruction Brochure**" on the associated dropdown menu. For the current password, please call the office.