



SAN FRANCISCO PLASTIC SURGERY

SAN FRANCISCO PLASTIC SURGERY CENTER

www.drkarenhorton.com

Visit Our Surgery Center Webpage to Download Pre-and Post Surgical Instructions and Get Instructions for Stopping Medications Before Surgery

www.drkarenhorton.com/surgery-center

Password: SFPS



LOCAL ANESTHESIA INSTRUCTIONS

The following guidelines are provided to ensure your comfort and safety during this important event in your life. We are committed to providing you the best possible care, and part of the process involves communication of instructions which you must understand and follow to optimize your surgical outcome.

You will need a support person available to you for the first 24 hours after your surgery. We recommend someone picks you up and drops you off from your surgical appointment (using Lyft/Uber is acceptable).



PREPARING FOR SURGERY

Complete any preoperative labs (if necessary).

- Please fill your prescriptions after your pre-op appointment.
- Avoid taking other medications unless cleared with our office. Remember to stop medicines containing Aspirin, Motrin, Ibuprofen, Advil, etc. to avoid excess bleeding/bruising. Do not take fish oil, vitamin E, or uncleared herbal supplements 2 weeks prior and at least 2 weeks after your operation. Tylenol (Acetaminophen) is safe to take for pain any time.
- Report to us any signs of flu-like symptoms or infection including fevers, chills, general malaise, etc. that arises anytime between now and the time of your operation.
- Prepare for the first month after surgery and optimize your schedule to keep your heart rate and blood pressure low in order to encourage healing.
- Do not raise your heart rate more than 20 beats per minute above your average resting heart rate after surgery for 2 weeks.

SURGERY

DATE & TIME:

ARRIVAL TIME:

Please come to your surgical appointment hydrated and nourished.

- Make sure you eat food and drink fluids prior to your appointment.
- Wear loose, comfortable clothing including a button-up or zippered top.
- Do not plan to do anything other than rest for at least the first 24 hours after the surgery.
- Take 1 Ativan -30 minutes before your surgery time.
- Pro-nox may be offered to you as needed for your comfort during your surgery.



AFTER YOUR SURGERY

Post-Local Anesthesia

- Text Dr. Horton when you get home safely. Be sure to include your full name. 415-994-3342.
- Take all medications exactly as prescribed.
- You may sleep in any position that is comfortable to you. Aim to get 10 minutes of movement every 2 hours that you are awake.
- You may shower 48 hours after your surgery. Use lukewarm water and let the water fall over your incisions. No need for additional cleansing of the surgical site.
Avoid strenuous activities (i.e. working out, heavy lifting, sex) for at least the first few weeks after surgery, or until you are cleared by our office.
- We will educate you about scar therapy once you are ready (6-8 weeks post-op).



415-994-3342

Dr. Horton's cell phone number.
Text Dr. Horton anytime, any day of the week with questions or concerns before or after your surgery.



415-923-3067

Office phone number



MEDICATIONS

Ativan (Lorazepam) 1 mg: Take 1 pill the night before surgery to help you sleep and another pill the morning of surgery with a baby sip of water. In recovery, take this as needed every 6-8 hours in recovery for anxiety, nausea, or general restlessness. *Do not combine with Alcohol.*

Keflex (cephalexin) 500 mg: Antibiotic- take one capsule four times a day for ____ days to prevent post-op infection.

Cipro (Ciprofloxacin) 500 mg: Antibiotic- take one capsule twice a day for ____ days to prevent post-op infection.

Percocet / Norco for pain only as needed, see instructions for dosing on the bottle.

Extra strength Tylenol 500 mg: Take 1-2 tablets every 4-5 hours as needed for pain. Over the counter. Do not take more than 4,000 mg in one day.

Stool Softener/Laxative: Take one dose every day you take a narcotic to prevent constipation. Over the counter. Examples include miralax, colace, etc.



BREAST IMPLANT EXCHANGE

Typical post-operative symptoms you can expect include:

Tightness in the chest region and stiffness:

Tingling, burning, or intermittent shooting pain are normal experiences as the skin and soft tissues stretch to accommodate your implants, and as your sensory nerves heal.

Hypersensitivity or lack of sensitivity in the nipples:

This is normal and will gradually resolve over time.

A feeling of heaviness: It is normal to feel heavy as you adjust to your implants. This will subside within 4-12 weeks following surgery.

Itchy skin: As the healing process advances, you may experience mild to severe “itchy” feeling of the breasts. An antihistamine like Benadryl can help to alleviate severe, constant itchiness. If skin becomes red and hot to the touch, contact Dr. Horton.

Asymmetry: The breasts look different, or heal differently. Breasts may look or feel different from one another in the days to weeks following surgery. This is normal! Breast massage and time will produce breasts that are more similar in shape, position, and size.

A sloshing sound or sensation: This is the result of the air and fluid that may naturally accumulate in the pocket after drain removal. This is perfectly normal and will resolve in 2-4 weeks.

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TO ALLEVIATE POSTOPERATIVE DISCOMFORT:

- Continue wearing compression as tolerated.
- Continue taking Tylenol Extra Strength (no more than 4000 mg in 24 hours) and the prescribed pain medications if needed.
- Good nutrition, good hydration, good entertainment.
- Prioritize extra protein and fiber during healing.

Things to avoid:

- Keep your heart rate and blood pressure low (< 20 BPM than your normal heart rate) for the first month after surgery. No exercise (cleaning your house, sex, etc.) for 4 weeks or until all of your bruising is gone.
- No pushing, pulling, or lifting more than 5 pounds for the first month.
- No submerging in water (baths, pools, etc.) until your wounds are fully healed (4-8 weeks).
- No heat or ice directly on your surgical area.

Text Dr. Horton 415-994-3342 immediately if you experience any of the following:

- A high fever (greater than 101 F or 38.5 C), severe nausea and vomiting, continued dizziness or incoherent behavior.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through your incisions.
- A sudden change in size / shape of the breast.
- Any other concerns, no matter how small.

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