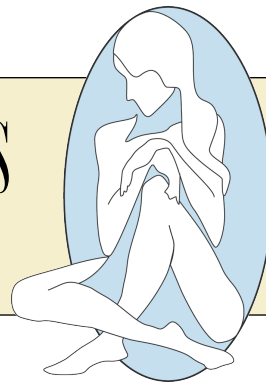


ADAM LOWENSTEIN, MD, FACS

Montecito Plastic Surgery



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PRE-OPERATIVE INSTRUCTIONS

- Maintaining a well balanced diet will facilitate optimal healing. It's also important to keep well hydrated the days leading up to surgery.
- Stop smoking at least 3 months before surgery. Nicotine reduces blood flow to the skin and can cause significant complications during the healing process.
- Stop taking blood thinning medications, herbs, and supplements 10 days before surgery. Please refer to the provided list.
- Schedule any pre-operative testing and medical clearance examinations required by Dr. Lowenstein. Your mammogram needs to be within 12 months, EKG within 6 months and blood work within 2 weeks.
- Plan accordingly. Secure a responsible adult to drive you to and from surgery and remain with you for a minimum of 24 hours. Plan to stay in a hotel in town if you are from out of town.
- Discuss with Dr. Lowenstein the amount of time needed off work and other restrictions such as driving, lifting, housework, and exercising.
- We will provide you with your prescriptions at your pre-operative appointment. Bring your prescribed pain medication to the office day of surgery. You may find it helpful to have ice gels to apply to breasts after surgery.
- You may find it helpful to have lozenges, crackers, soup or other comfort foods available after your surgery.
- Maintain optimal health and hygiene. A cold, virus, or other illness may require your surgery to be rescheduled. Call the office if any illness or change in health status arises.
- Maintain proper skin care. This includes daily use of sunscreen or sunblock. Also, wash your torso with an antibacterial soap twice a day starting two days before surgery.
- Shower the night before and the morning of surgery using antibacterial soap. Do not apply any lotions, or deodorant day of surgery.
- You may not eat or drink anything after midnight, including candy, gum, and mints. Only take medications cleared by Dr. Lowenstein.
- Wear loose-fitting, comfortable clothes that do not need to be pulled over your head and easy-to-slip-on flat shoes.
- Do not wear makeup, jewelry, contact lenses, or body piercing. If there is an item unable to be removed, advise the admitting nurse.
- It is very common to be nervous. Try to get adequate rest and avoid unnecessary stress. Call us if you are experiencing serious stress or difficulty sleeping.
- Your anesthesia provider will call you the night before surgery and will also see you morning of surgery. Morning of surgery you will also see Dr. Lowenstein's nurse and Dr. Lowenstein. If you have any questions in the meantime, do not hesitate to call our office.