



Preparing for **Your Surgery**

| Outpatient Breast Surgery



Getting Ready for Your Procedure

Complete all presurgery tests your doctor has ordered. If you do not have them done, your procedure may be cancelled.

- ▶ **Preregister** at least 48–72 hours before your procedure.

Memorial offers two convenient ways to complete this important step:

- 1 Complete our **online form** by visiting **MemorialMedical.com** and clicking on “preregister.” Our secure online preadmission form is available 24/7.
- 2 **Call** our preregistration team between 8 a.m. and 6 p.m. Monday–Friday at **217-788-3186** or **800-798-3011**, ext. **83186**. To protect your identity you will be asked name and date of birth, and verification of insurance. Having your insurance card available to reference will expedite this.

Before Surgery

Make sure you rest well and get enough sleep.

Hydration is important.

- ▶ Drink 8–12 oz Gatorade* of any flavor the night before surgery.
- ▶ Drink 8–12 oz Gatorade* of any flavor two hours before surgery (before you leave your house).

**If diabetic, drink a G2 Gatorade, which is lower in sugar.*

Fasting

- ▶ Do not eat solid foods for eight hours before surgery.
- ▶ You may have clear fluids up until two hours before surgery. This includes coffee **WITHOUT** cream or milk.

During Surgery

- ▶ **You will take medication for nausea and pain one hour before and during surgery.**
- ▶ **You will receive a numbing medication injection to help control pain after surgery.**
- ▶ **You will also receive antibiotics in the operating room.**

After Surgery

Pain Management

Our goal is to keep you comfortable after surgery. After any surgical procedure, some pain is expected and normal.

For the first seven days after surgery, we recommend taking the following medications to manage pain. It is important to start these pain medications once you get home after surgery to maximize pain control.

Please use the medication log provided to help you to stay up to date.

- ▶ Gabapentin, 200 mg, every eight hours
- ▶ Celecoxib, 200 mg, twice a day OR ibuprofen, 800mg, three times a day
- ▶ Acetaminophen, 1000 mg, every eight hours or every six hours as needed
- ▶ Scopolamine patch** for nausea which will be applied while you are in surgery and remain in place for 72 hours

***You can remove early if dry mouth symptoms occur, but wash hands after removal.*

If you develop pain not controlled with the scheduled medications, you may add the following:

- ▶ Norflex, 100 mg, twice a day, if your pain is not well controlled with the combination of pain medications listed above

Postsurgery Activity

- ▶ Take it easy after surgery.
- ▶ Do not bend or lift anything heavy for one week.
- ▶ Lightly stretch your shoulders and back three times a day.
- ▶ Use ice, 20 minutes on and 20 minutes off, as needed.

Dressings

- ▶ Keep your dressings on, and make sure they are clean and dry.
- ▶ Do not remove your dressings until seen in clinic.

After Surgery

Follow-up

- ▶ You will receive either a telephone follow-up or clinic appointment the day after surgery.
- ▶ Keep track of your medications with the log provided to you.
- ▶ If you have a drain, please record the outputs with the log provided to you.
- ▶ Bring your log and pill bottles to your follow-up appointment.

**If you have questions or concerns,
call the SIU Institute for Plastic
Surgery at any time at 217-545-6314.**



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