



CENTER FOR BREAST RECONSTRUCTION

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PRE-OPERATIVE INSTRUCTIONS

- ❑ **NO** smoking, vaping, or nicotine in any form at least 12 weeks before surgery.
- ❑ Start exercising for at least 30 minutes every day (*confirm with your physician before starting any new exercise routine*).
- ❑ Two weeks before surgery, stop taking hormones and medications such as **Tamoxifen** or **Arimidex**.
- ❑ Also stop taking medications with blood-thinning effects such as aspirin, NSAIDs, Motrin and Advil, Vitamin E, fish oil, and any herbal supplements two weeks before surgery.
- ❑ Please check with our office to confirm that it is safe to continue taking any other medications.
- ❑ Several prescriptions will be sent in to your pharmacy the week before surgery. See details below.
- ❑ Start taking Colace 3 days before surgery.
- ❑ Begin showering with antibacterial soap two days before surgery. See CHG bathing instructions →
- ❑ Do not drink or eat anything after midnight the night before surgery other than clear liquids (water, tea, pulp-free juice).

THE MORNING OF SURGERY:

- ❑ Do not wear any makeup, fingernail polish, contact lenses, or jewelry.
- ❑ Shower with antibacterial soap.
- ❑ Take prescribed medications. See details below.
- ❑ Drink 16oz Gatorade or coconut water (pulp-free). **Be sure to finish drinking 2 hours before surgery is scheduled to begin.**

CHG BATHING INSTRUCTIONS

To reduce risk of infection, you must carefully wash with a special liquid soap before surgery, starting 3 days before. It is called chlorhexidine gluconate (CHG), but might be labeled "Antiseptic Skin Cleanser Chlorhexidine Gluconate 4% Solution." A common brand is Hibiclens, but any brand is ok. You can find it at most pharmacies. One small bottle (4-6 ounces) is enough.



Take **THREE** CHG Soap Showers

- ❑ 1st shower: 2 days before surgery
- ❑ 2nd shower: The day before surgery
- ❑ 3rd shower: The morning of surgery
 - First, shower your usual way using your **normal shampoo and soap**. Wash it all off with water.
 - In the shower, put a **little CHG soap** onto a wet washcloth and apply to your entire body.
 - Rub the **CHG soap** over your entire body for 3 minutes.
 - Wash it all off with water.
 - Dry yourself off with a new clean towel.

PRE-OP MEDICATIONS

The Morning of Surgery:

- Two hours before surgery, drink 16oz Gatorade and take the following medications:
- 600mg Neurontin (gabapentin)
- 400mg Celebrex (celecoxib)