



275 Collier Road, NW Suite 470  
Suite 470  
Atlanta, GA 30309  
404-351-1002

Today's Date:

Surgeon:

Procedure:

**Surgery: Arrive at \*\*\* on \*\*\* for surgery at \*\*\***

**Check in at Piedmont Main Hospital (please park in the North Parking Deck and follow the signs for surgery check-in, which is located in the front of the hospital by Peachtree Road and the new tower or you may valet at the new tower)**

**\*\*\*Please note surgery times are subject to change**

**Preadmission Testing: is scheduled for \*\*\* at \*\*\*.**

To get to preadmission testing, look for main "Admissions" which is located at the front of Piedmont Hospital (towards Peachtree Road). You will park in the North parking deck. If you need to change this appointment, you can call 404-605-3978. Preadmission testing needs to be completed no later than 4 business days prior to surgery. If you do change your appointment from the time listed above, please call Christina at 404-351-1002.

Please bring a list of your medications (prescription and over the counter), including the dosages, with you to preadmission testing. If you have a pacemaker or implantable cardioverter-defibrillator, please bring the information card for that device with you.

**Post-operative appointment: Please follow up in our office 2-3 weeks after surgery. Your appointment can be made after review of your pathology report if not made prior to surgery**

### **Prior to surgery**

- NOTHING TO EAT or DRINK after midnight
  - You may receive instructions regarding Gatorade after midnight from preadmission testing, this is an allowed exception; however, you do not have to drink it if you do not want to
- Arrange to have someone drive you home from the hospital and stay with you for the first 24 hours after surgery (this is a hospital policy).
- If you take aspirin or aspirin containing products, consult a nurse in our office to determine if they need to be discontinued prior to surgery.
- If you take Coumadin, Xarelto, Elliquis or other blood thinners, please consult the ordering physician to obtain instructions for stopping it prior to surgery.
- Minimize the use of NSAIDS (i.e. Ibuprofen, Motrin, Advil, Aleve) for 10 days prior to surgery. If you have rheumatoid arthritis or chronic pain and routinely take NSAIDS, continue to take them, but let a nurse in our office know.
- If you take insulin, do not take it the morning of surgery.

- If you are on an oral hypoglycemic ***do not*** take within 12 hours of surgery.
- You may take your blood pressure medications the morning of surgery with a small sip of water unless told otherwise by preadmission testing.
- Bring your daily medications with you the day of surgery.
- If you have sleep apnea please bring your C-Pap with you the day of surgery, just in case. You will be in the recovery room for a minimum of 3 hours following surgery.
- If you are hospitalized, have any medical changes, or any changes to your medications prior to surgery please notify a nurse in our office ***as soon as possible***.

## **What to expect the day of surgery**

### ***Before surgery:***

Allow plenty of time to get to the hospital. Traffic can be quite congested around Piedmont Hospital. If you get lost in the hospital, dial "0" from any hospital phone to speak with an operator.

You may see appointments for localization or nuclear medicine in your MyChart. Unless specifically directed otherwise, please report to surgery check in at the time specified on this paperwork.

You will initially be taken to the pre-operative preparation area. There is only room to have one friend or relative with you there. Any other friends or family will need to wait in the larger waiting area. Due to COVID 19, you may not be allowed to have anyone accompany you to the pre-operative area.

In the pre-op area you will be dressed in a hospital gown, moved to a stretcher, and an IV will be started. Also while in pre-op someone from anesthesia will come to talk to you about the type of anesthetic you will receive and any questions you may have regarding anesthesia. Also, your surgeon will meet with you prior to surgery.

We strive for surgery to begin on time, but the surgery start time may be delayed due to surgery prior to yours. As soon as your operating room is ready, you will be transported to it by the operative team.

### ***During surgery:***

Once you are in the operating room you will be moved to the operating table. A blood pressure cuff will be placed for the duration of surgery and inflatable stockings may be placed on your legs. Small electrocardiogram pads will be applied to your torso and a finger monitor will be placed to monitor your oxygen levels.

An anesthetic will be injected into your IV; this may cause a slight burning or aching. The next thing you should be aware of is waking up in the Recovery Room (PACU).

### ***After surgery:***

As you gradually awaken in the Recovery Room/PACU, you may become aware of discomfort in the area of the surgical site. The staff will have medication orders to help in controlling pain. As soon as you are awake enough to go home/to your room, the staff will facilitate this.

The length of the hospital stay may vary from a few hours to a few days, depending on the type of surgery you have.

At the time of discharge, be sure to take with you:

- Discharge instruction sheet from hospital.
- Any prescriptions that we have given you.
- All medications and other personal belongings that you brought to the hospital.

## **Post operative instructions:**

*\*\*\*If you have had reconstruction, then please follow your plastic surgeon's discharge instructions.*

1. You will normally have a light brown surgical bandage placed over your incision. The sutures are underneath and covered with skin glue. This bandage is very sticky and will fall off on its own over time. Do NOT remove this bandage unless instructed to do so. You may shower 24 hours after surgery. Let warm water run over your wound. Do not soak or submerge your wound (pools, etc) until 2 weeks after surgery.
2. No driving the day of surgery. Afterwards please do not drive if you are taking prescription pain medication, if you do not have sufficient range of motion, or have been instructed not to do so.
3. You may receive a prescription for narcotic pain medication after surgery. You do not have to take this if you do not need it. If you are not allergic, you may take over the counter pain medication such as Tylenol or Ibuprofen (but please be aware that the prescription medication may contain Tylenol). If you take anticoagulation, ask your surgeon when they would like you to resume it. You may resume all other home medications. If you become constipated from the pain medication, we recommend Miralax or any other gentle over the counter laxative.
4. Keep an ice pack on your incision for 2-4 hours following surgery and then as needed over the next week to minimize swelling, bruising, and post-operative pain.
5. Please refrain from strenuous activity, heavy exercise, or lifting (anything heavier than a milk jug) on the side of your surgery for one week. Walking and light activity is encouraged.
6. You will probably be most comfortable wearing a bra, even at night, for several days to minimize movement of the breast. A sports bra is usually the most comfortable, but wear whatever bra is most comfortable to you.
7. Some post-operative bruising, swelling, and discomfort is to be expected. If you have excessive swelling or drainage, please call our office.
8. If you had a mastectomy without reconstruction, you will be instructed on drain care while you are in the hospital. We will be able to remove the drain(s) once your drainage is 30cc or less over a 24 hour period so please record your drain output closely.
9. If you had lymph node surgery, it is normal for your urine to be a blue or green color. It should clear within a few days from surgery.
10. Your pathology results should be available in 3-5 business days. We will call you to review them as soon as they are available. If by midday on the 5<sup>th</sup> business day you have not heard from us, feel free to contact us.
11. Please contact our office if you have a fever greater than or equal to 101 degrees.
12. Please do not hesitate to call us with ANY questions.

