

HOW TO PREPARE FOR YOUR SURGERY

for patients of
Dr. William H. Goodson III, MD

These directions are for a breast biopsy, partial mastectomy or “lumpectomy,” and a mastectomy.

You will be called by the pre op nurse the day before surgery. She or he will give you the hospital’s specific directions to prepare or surgery.

These directions are in addition to the directions given to you by the nurse. They do not replace the directions from the nurse.

Do not have anything to eat or drink after midnight the night before your surgery. If you take regular medications in the morning, ask for specific directions how to take those medicines from the nurse who calls to give you pre-operative directions.

Do not take aspirin, Advil, ibuprofen, Aleve, naproxen, or other NSAIDs for a week before your surgery. If you have chronic pain, please ask for advice on what drugs to take. Tylenol and acetaminophen are okay.

If you take Plavix, coumadin, Warfarin, daily aspirin, or any other blood thinner, please discuss the plan for that drug with Dr. Goodson.

The morning you get up for surgery, take a shower and wash your chest and body with Hibiclens antiseptic soap. You can purchase Hibiclens in your local drugstore.

DO NOT use Hibiclens on any part of your head or above your neck.

DO NOT use Hibiclens on your genital area or around your vagina.

PLAN for another person drive you home after your surgery.

If you have children under the age of 16, plan for another adult to be responsible for them for the first 24 hours after your surgery.

BRING WITH YOU A BRA that you can wear for 72 hours after surgery. You will be asked to put this bra on right after surgery. The purpose of the bra is to hold your breast still and prevent motion, but it does not need to be tight. This bra should be comfortable, and it should be easy to put on and take off. You may wish to use a bra that fastens in front.

FILL YOUR PRESCRIPTION for pain pills. Please be certain it is ready to use when you return home. It is important to treat pain as soon as it begins, but **do not use prescription pain medicines unless you are having pain.**

Remember, prescription pain medicines will make you an unsafe driver, can impair your judgment in business or personal matters, make it impossible to operate machinery safely, and can harm you if you take them with alcohol.

Make plans so you can avoid big activities for the first 72 hours after surgery. For example, do not go to the gym, clean or move household items, or similar activities.

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