**Preoperative Instructions, Breast Surgery**

These instructions will help you prepare for your surgical procedure. Please follow them to ensure the best outcome for your procedure. These are generic instructions; you may have been given additional more specific instructions at your pre surgery appointment. If you have any questions, please call the office at (479) 705-2310.  
  
**Stop smoking**

Tobacco use increases the risk of respiratory, cardiac and wound related complications that can occur during or after surgery. It is tough to quit but having surgery is a great time to try to quit. Stop smoking at least 12 hours before surgery (but longer is better) and stay smoke free for at least 1 week after surgery. You may visit [www.smokefree.gov](http://www.smokefree.gov) for help in smoking cessation.  
  
**The Night Before Surgery**

Nothing to eat, drink, smoke or chew after midnight. Wake up with an empty stomach. This is to ensure your stomach is empty to reduce aspiration risk associated with anesthesia.  
  
**The Day of Surgery**

Wear comfortable clothing that is easy to put on.  You will be sleepy and sore after your surgery. Be sure to wear a bra that is easy to take on and off, you may prefer one that opens and closes in the front.

Take only the medications you were instructed to take with a small sip of water.  
  
You will need a driver if you are receiving anesthesia for your surgery.