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Preparing for Your Breast Augmentation Surgery (what to eat, what not to eat, etc.)

So you've decided to have breast augmentation surgery? A well-informed patient is the best kind, and a cosmetic surgeon who takes time to explain things and answer questions is the best kind of surgeon.

/24-7PressRelease/ - SAN FRANCISCO, CA, February 06, 2008 - Along with explaining your surgery, [your cosmetic surgeon should talk to you](#) about:

- Anesthesia
- Recovery
- Your patient obligations
- Where your procedure will be performed
- Consent forms
- Surgical risks and potential complications

Breast augmentation can be performed in an office facility, freestanding surgery center, or hospital outpatient facility. If your surgery is performed as an inpatient, plan on staying in the hospital for a few days. General anesthesia will usually be used, so you'll be asleep throughout the procedure.

After you've selected your cosmetic surgeon, chosen the type and shape of implant you want, and discussed the incision site, you're ready for the next step. [Your cosmetic surgeon](#) will provide you with instructions to follow during the days leading up to your surgery. Take these instructions seriously and follow them carefully to reduce your risk of post-surgical complications.

Pre-surgery instructions

- Avoid aspirin or anti-inflammatory drugs for 10 days before your surgery. These medications increase your surgical risk because they thin the blood, interfering with clotting ability.
- Stop smoking two months before your surgery. Studies show smokers do not heal as well as non-smokers.
- Fill all prescriptions you'll need after your surgery.
- Wear loose-fitting clothes on the surgery day that can be taken off and put on easily.
- Have a friend or relative drive you home after surgery and stay with you for the first one to three days of your recovery.

Your cosmetic surgeon's pre-surgical instructions may include a mammogram prior to your procedure to verify breast health and act as a baseline mammogram for future comparison.

More tips to make your surgery and recovery go smoothly

- Use a pill case with a time chart for remembering to take medications
- Before you leave your home for surgery, create a recovery area that includes lots of comfortable pillows, books and magazines, a journal to keep a diary of your recovery and progress, T.V. with remote control, favorite videos and CDs
- Consider blacking out your windows so you can rest more comfortably during the day
- Think about making temporary use of a whistle, bell, walkie-talkies or intercom system so you can ask your caretaker for help without having to get up. Also think about using a telephone with a speaker function and a ringer that can be turned off.
- Cook and freeze 2 weeks' worth of meals
- Stock up on quick snacks like soup, applesauce, jell-O, yogurt, cottage cheese, juice (Don't forget the straws!)
- Have icepacks ready in the freezer

With some preplanning and creativity, you can do many things to make yourself more comfortable during recovery and ensure the very best results. Soon you'll be enjoying the new you and the discomfort of recovery will be a distant memory.

If you're ready to choose a highly qualified board certified cosmetic surgeon for your breast augmentation, consider Dr. Howard Rosenberg in Mountain View, CA. [Dr. Rosenberg and his staff serve San Jose, San Francisco, and Palo Alto](#), and

have successfully assisted hundreds of women with breast augmentation and a variety of other cosmetic procedures. They would feel honored to speak with you and answer your questions. Call Dr. Rosenberg at (650) 961-2652 to schedule your private consultation today!