**PRE OPERATIVE INSTRUCTIONS Mastopexy**

1. Ensure that you have read and understood all the written information you have been given.
2. Take prescribed medication and homeopathic remedies as advised. Do not take any Asprin, Disprin, Nurofen or anti-inflammatories for 10 days prior to surgery. This is essential to avoid excessive bleeding.

 3. Start taking Vitamin C 1gm twice daily for 10 days prior to surgery. This will aid healing and help prevent infection. Arnica (30c) can be used but only

 *after* surgery. **Do not use Arnica x6 concentrate or spray.**

 You may find Rescue Remedy helpful to take the edge off anxiety-

 4 drops in a little water, up to 4 times daily,

 4. Fill out your hospital registration and consent forms (these will be sent out around 10 days prior to surgery). The registration form should be sent to the hospital, and the consent form returned to me.

1. My nurse will contact you a couple of days prior to your surgery. If you have any queries in the meantime, please do not hesitate to ring my rooms.
2. Allow for one night in hospital after the operation and approximately

10-14 days convalescing at home. Ideally you should have someone to help you at home with everyday tasks, particularly if you have young children or live on your own.

1. Ask for a medical certificate if you need to take time off work.
2. We have a supply of appropriate surgical bras which will be required

post operatively. Please speak to our nurse about this.

 9. You must not eat or drink anything for 6 hours prior to surgery. We will confirm the time a day or so before your surgery.

1. I recommend using AVST Body Oil prior to surgery to improve healing and minimise scaring. You should do this daily prior to surgery and recommence once we are satisfied that your healing is progressing post-operatively.

This product can be purchased from the rooms.

 10. I recommend that you see a lymphatic drainage therapist immediately before surgery and for 3-4 sessions after your surgery to aid recovery.

Please do not hesitate to contact my rooms on 09 520 3906 if you have any concerns

**JULIAN LOFTS**