



## THOMAS P. McHUGH, M.D.

Plastic & Reconstructive Surgeon  
Cosmetic, Hand & Laser Surgery

### BREAST AUGMENTATION

Diplomate, American  
Board of Plastic Surgery

#### TO MY PATIENT:

*This is a reminder of things we have discussed today concerning your surgery. Please keep these instructions to refer back to after you have had your surgery. If you have further questions, you may contact our office at 281.444.3733, Monday - Friday from 8:30 am - 5:00pm.*

800 Peakwood

*Things you should know and do before and after your surgery:*

Suite 8C

Houston, Texas 77090

281.444.3733

FAX: 281.444.3577

22999 US Highway 59

Suite 154

Kingwood, Texas 77339

281.348.3373

- 1. DO NOT take aspirin or "aspirin-like" medications for at least 7-10 days prior to your surgery. These medications may cause increased bleeding during surgery. However, if you take aspirin prescribed by your medical doctor, do not discontinue taking it before checking with your doctor. Tylenol (acetaminophen) is okay to use as it does not act in the same way as aspirin.*
- 2. If you develop any acute illness, infection or fever prior to your surgery, please notify my office as soon as possible. Colds and other infections can jeopardize your health and the results of your surgery.*
- 3. TABACCO: I DO NOT allow smoking during the pre-operative and post-operative period. It has been demonstrated that tobacco use interferes with blood flow and this could result in unsatisfactory scars.*
- 4. You will be placed in a surgical bra at the time of your surgery. You will also have an elastic bandage over the bra. This elastic bandage can come off the next day, at which time you can bathe or shower. Please wear the bra day and night for two weeks except for bathing.*
- 5. We often use steri-strips under the breast. These tapes should stay on until they are removed in our office. However, if they get wet while bathing, make sure to pat dry the area well.*
- 6. For the first few weeks following your surgery, do not engage in aerobic exercising. Do not lift items weighing over ten pounds and keep your arm and shoulder movement to a minimum.*
- 7. Make sure you finish all antibiotics that were prescribed and take pain medication as needed.*
- 8. Please call our office to schedule your follow-up appointment at 281.444.3733. These appointments are very important and should be kept.*

Board Certified by  
the American Board of  
Plastic Surgery.

Member of:  
The American Society of Plastic and  
Reconstructive Surgeons,  
Texas Society of Plastic Surgeons,  
Houston Society of Plastic Surgeons,  
American Medical Association,  
Texas Medical Association,  
Harris County Medical Association,  
American Burn Association