

# Grupo CHRISTUS MUGUERZA®

*Information about:*

**Breast Augmentation**

**For International Patients**

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## Breast Augmentation

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Breast augmentation, or augmentation mammoplasty, is a surgical procedure which involves a prosthesis that expands the breast area to give a fuller breast (increased cup size), give a better contour, and give more cleavage. It can be performed for cosmetic reasons or to reconstruct the breast.

## Surgical Indications

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- Micromastia (ie, small breasts) is obviously the reason patients seek an enlargement procedure.
- Enhance the size and shape of breasts (body contours).
- To correct breast volume reduction that can occur after pregnancy.
- To correct an imbalance in breast size.
- For reconstruction after breast surgery.

## Suggested studies and indications for case examination

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### Radiological Results:

Mammogram is mandatory for patients aged 40 years and older.

Mammography in those younger than screening age, especially in their teens, is not indicated unless a family history of breast cancer exists.

In patients over 40 yr:

Chest x ray

EKG

*\*Preoperative studies no more than 4 months old*

### Others:

Photos (front, back, and both side views of breasts).

### History and Physical Medical Records

- Medical History completed by patient (Medical Questionnaire)
- With actual medication (complete type and dose)

### Which characteristics discard the patient or makes it high risk patient (cases where additional or special care or procedures will be needed):

**Patient discarded by having:** current or recent lactation, unevaluated breast masses or unevaluated mammographic findings, inappropriate psychiatric evaluation.

**High risk patient by having:** Cardiovascular or respiratory diseases, patients who smoke or have diabetes, hypertension, extreme obesity, or asthma have significantly higher complication rates.

**Criteria for Postponement of Procedure:**

- Skin infection, fever or respiratory diseases

**Preop tests required:**

Complete Blood Count (CBC)  
Prothrombin time (PT)  
Partial thromboplastin time (PTT)  
Biochemical profile 17

**Instructions before procedure:**

- 1) Stop taking aspirin and ibuprofen products 14 days before your surgery and for at least 2 days after your surgery, unless otherwise directed. These products thin your blood and may increase bleeding. Other blood thinning products to avoid are: vitamin E, ginkgo Biloba, garlic supplements, St. John's Wort.
- 2) Continue to take your prescribed medications unless otherwise advised by your surgeon.
- 3) You will be instructed not to eat anything after midnight.
- 4) Shower the night before and the morning of surgery with antibacterial soap or others prescribed by your surgeon. Take special care to wash your chest and underarms. Do not apply deodorant, powder, or lotion.
- 5) If you smoke, plan to quit at least one to two weeks before your surgery and not to resume for at least two weeks after your surgery.
- 6) You must purchase a sports bra that will be used immediately after your operation. You will bring this on the day of surgery and be placed in it immediately. Your plastic surgeon will discuss the size with you.

## Sample Schedule

**Length of Examination:** 2-3 hours, Outpatient Procedure

**Sample Schedule:**

(3 nights stay at hotel)

Day 1 -	AM	Departure
	12PM	Arrival to Monterrey
	5PM	Consultation with plastic surgeon at his office
	6PM	Pre op studies at Christus Muguerza Alta Esp.
	7PM	Studies are left at plastic surgeon's office; confirmation of procedure by phone or in person; hotel stay
Day 2 -	10AM	Procedure takes place; hospital discharge after recovering from anesthesia, hotel stay
Day 3	AM/PM	Post surgery hotel stay
Day 4	AM/PM	Consultation with Plastic surgeon at his office
	PM	Patient may depart if cleared by the doctor

## Standard Discharge Instructions

- You will be able to walk around the house and perform light daily activities. However, during this time, it is not at all unusual for you to feel some pain, soreness and pressure in the chest area.
- This will gradually subside and your plastic surgeon will give you pain medication to relieve it.
- You must take the entire prescription of medication.
- Be sure to lie on your back whenever you rest or sleep.
- The sports bra that you have been out in should be worn constantly during the day and at night.
- You will then be allowed to shower 2 days after surgery and change the bra as needed.
- When taking a shower, remove the bra and take off the gauze. The small white tapes that are under the gauze directly over your incision should be left on. Wash yourself everywhere, including the tapes and your incisions.
- Use mild soap and pat yourself dry and put the bra back on. You don't need to cover the small white tapes over your incision.
- This daily routine will help keep the incisions clean, and will promote wound healing.
- Do not submerge yourself in a bath, swimming pool, or whirlpool for 2 weeks.
- You will wear it for a total of 2 to 3 weeks after surgery.
- The small tape strips covering your incisions. These will remain in place for 7 days and will peel off by themselves.
- A few patients react to the anesthetic after surgery with nausea and vomiting. This usually lasts less than 24 hours and should be treated with lots of fluids.
- The maximum swelling occurs at about 3 days and then begins to dramatically improve. Mild bruising typically resolves within 14 days.
- You should plan to be off work for up to 5-7 days, although this can vary from person to person.
- No heavy exercise or lifting for 3 weeks following surgery. This will allow the implants to remain in the proper position without movement. For the first three days following surgery you should try to restrict your arm movements. Move your arms slowly and avoid sudden jerky movements of the chest and breast area. Keep your arms as close to your body as possible. This allows the implants to remain in place.
- Encourage walking immediately after surgery. This activity will greatly minimize the risk of deep clots in your leg veins.
- Do not expose your breasts to the sun for 8 weeks after surgery.
- The quality of your cosmetic enhancement may be compromised if you fail to return for any scheduled post-op visits, or follow the pre- and post-operative instructions.
- Don't hesitate to report any unusual or concerning changes.
- If your plastic surgeon indicate Breast Massage Following Breast Augmentation, seek this instructions:
  - The purpose of these exercises is to keep the scar tissue that forms around implants as soft as possible. By performing these exercises as described, you can help soften the internal scar, minimize the risk of significant capsular contracture and maximize the likelihood of a soft, natural feel and appearance to your breast. Begin doing the exercises 2 weeks after surgery. It is important to remember that slow steady massage is more effective than quick jerky movements. Don't worry about injuring the implant; you cannot cause a rupture with these exercises.
  - Press the breasts slowly and maximally inwards (towards your breast bone) and hold for 10 seconds, then release. Repeat 4 times.

- Press the breasts apart slowly and maximally outwards and hold for 10 seconds, then release. Repeat 4 times.
- Repeat for downward movement.
- Repeat for upward movement.
- Perform these exercises 4 times per day for the first 3 months.
  
- The rest of instructions will be specified in discharge instructions form.

**Follow-up Protocol from Remote Provider:**

- The patient will be able to call the remote provider to answer any questions.
- Make sure the local plastic surgeon writes a confirmation email to the remote provider about the patient's progress.

## How do I get started?

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1. Choose your surgeon, package and preferred travel dates. Please contact us if you need any additional information.
2. Fill out the **Medical Questionnaire** and the **Contact Information**
3. You can send them to us by:
  - Email [internationalpatients@christusmuguerza.com.mx](mailto:internationalpatients@christusmuguerza.com.mx)
  - Fax: +52 81 8155 5151 to Medical Travel Department
  - Mail to the following address:

**CHRISTUS MUGUERZA MEDICAL TRAVEL**  
*Carretera Nacional 6501 Col. La Estanzuela*  
*Monterrey, NL, Mexico CP. 64988*
4. Please let us know:
  - a) if you have any pictures, tests or studies relevant to your condition
  - b) the physician you selected and
  - c) the date(s) you would prefer to have your procedure done
5. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
6. One of our CSRs (Customer Service Representatives) will contact you to let you know the final review of your case, program a conference call with the surgeon if needed, inform you about travel arrangements and visas, and answer any additional doubts you may have.
7. Make payment and confirm
8. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
9. Your assigned representative will confirm consultation and surgery dates and coordinate with you to make all travel arrangements

## Contact Information

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