

# KNOW WHAT TO EXPECT THE DAY OF SURGERY

## BREAST CONSTRUCTION SURGERY

Below is a description of what generally happens on the day of surgery. Each surgical center is different, so your experience may vary.

- 1 Follow the instructions from your surgeon for when to stop eating and drinking.
- 2 Follow the instructions from your surgeon about bathing.
- 3 Arrive at the surgical centre and check in.
- 4 You'll get a wristband with the same name and gender found on your BC Services Card. If this is different from the name you use and your gender, you can ask for an extra "Name Alert" wristband with your correct name and pronouns. You can also ask for this information to be put on the front of your chart.
- 5 Spend some time in the waiting room until you are called.
- 6 You will either be taken to a room or a curtained area with a hospital bed. There may be a chair for someone to sit with you (or you can ask for one).
- 7 A nurse will talk with you about what to expect. You'll be given a hospital shirt to change into and a basket to hold all of your clothing, including undergarments. The nurse will remind you to remove your jewelry. You can ask the nurse any questions you have.
- 8 The nurse will check your blood pressure and may give you some pills or start an IV.
- 9 The surgeon will make some drawings on your upper body to guide the procedure.

- 10 The anesthesiologist may visit you to talk about the anesthetic and answer questions.
- 11 You will be taken to the Operating Room.
- 12 The nurses will help you onto the surgical table and put on a blood pressure cuff and some monitors. The surgeon may ask you to confirm the name of the procedure you are receiving. The anesthesiologist will talk you through going under anesthesia.
- 13 Once the anesthesia has made you fall asleep, the surgeon will begin the procedure.
- 14 When the surgery is over, you will be taken to a recovery area. Nurses will monitor you closely until the anesthesia wears off. You may wake up wearing the compression bra/garment. They will help you get out of bed, walk around, and go to the washroom. They can also call your supports at that time with an update.
- 15 You will likely be discharged from the hospital the same day. Before you leave, the nurse will give you papers containing your Discharge Instructions and maybe a prescription.

