



BREAST ENLARGEMENT GUIDES

How to prepare for surgery

This guide is a collection of advice from MYA patients, these helpful hints and tips answer almost every question you might have before surgery.

Pre-Op Advice

- Purchase your Post op Macom4MYA bra
- Remove nail vanish/gels/extensions
- Removal hair extensions that include metal
- Book your holidays/time off for post-op healing
- Prep your food for the first few days post-op
- Ensure you have help with every day tasks the first few days
- Make sure you check the flying restrictions pre & post-surgery
- Stop smoking/vaping 4 weeks prior
- No Sunbeds or Fake tan 7 days prior to surgery
- Do not drink alcohol 48 hours prior to surgery
- Remove any piercings (including dermal piercings)
- Remove eyelash extensions
- Take loads of your own pre-op pictures as they are great to look back on and refer to
- Have your travel plan sorted with your chaperone

What to pack

- Post-op Macom4MYA bra
- Toothbrush & toothpaste
- Roll on deodorant
- Metal free hair ties
- Magazines
- Post-surgery snacks
- Phone chargers
- Ear phones
- PJ's (button up for ease)
- Comfy clothes
- Slippers
- V-Pillow

Pre-Op Advice

There can often be long waits on the day of your procedure, this is totally normal so bring a few magazines or entertainment to pass the time.

- Check the Wi-Fi password
- No eating 6 hours prior to your admission time
- Only clear liquids up to 2 hours prior to your admission time
- If you have questions, do not hesitate to ask them the staff are extremely friendly
- Be prepared to take a routine pregnancy test
- Take a selfie in your paper pants and gown (no real reason but for a laugh)
- Don't use deodorant or moisturizer the day of surgery

Most of all make sure you enjoy your journey as you will be 6 weeks post-op before you know it!