

BREAST ENLARGEMENT GUIDES

HOW TO PREPARE FOR SURGERY



This guide is a collection of advice from real MYA patients to guide you through your MYA journey. These fun hints and tips answer almost every question you might have at your pre-op stage.

Pre-Op Advice

- Buy a 'V Pillow' as this helps with sleeping upright (which you are advised to do)
- Get a full leg, underarm and bikini wax so you don't have to worry about shaving post-op
- Invest in 2 good sports bras like our MYA Lingerie post op bras
- 2 weeks before your surgery, make sure you quite smoking and drinking as they thin the blood and make bleeding more likely. Smoking reduces the oxygen to your cells so delays healing
- 7 days before - do not wear any fake tan
- Join the MYA forum! Speak to girls on similar journeys to get an idea of what you'll be going through and how you may feel emotionally before, during and after your procedure

Op Day Essentials

- Take a dressing gown and slippers
- Take a laptop or magazines / book as you will probably be waiting around a fair while before being taken down to theatre
- Take out all piercings
- Take off eyelashes, (metal) hair extensions, nail varnish, fake nails and don't put any moisturiser or deodorant on that day
- Take a sports drink for energy and rehydration after your procedure
- Have your phone charger and camera on you to take before pictures
- If you get nausea after general anaesthetic, tell your nurse. They will give you anti-sickness drugs during your procedure