



Post-Operative Instructions For Breast Augmentation

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

Medications:

1. Fill all prescriptions given during your pre-operative visit. These will include a prescription for: pain medication, muscle relaxer, anti-nausea, and antibiotic. Please make sure to take the antibiotic as directed and complete the course. All other medication prescribed is used on an as needed basis.
2. No Aspirin or medicines that contain Aspirin*, NSAIDs, including Ibuprofen (Advil and Motrin), naproxen (Aleve) for two days after your surgery. These medications can interfere with blood clotting.
3. While taking narcotic pain medications, be sure to include an over-the-counter stool softener, and increase your daily fiber intake.
4. Medication will be prescribed for any pain you may have. However, you may also take any Tylenol products. NOTE: DO NOT take more than 4000mg acetaminophen/Tylenol containing products per day.

Post-Operative Instructions:

1. A responsible adult must provide transportation for you following surgery.
2. You may wake feeling pressure in your chest. This is normal. Continue to breathe deeply.
3. You are encouraged to walk around the house after surgery and several times daily thereafter, in order to help prevent clots from developing in the legs and to keep you from getting constipated.
4. Drink plenty of fluids (8-10 glasses/day) for the first week to keep well hydrated.
5. You will want to sleep on your back for at least the first week after surgery. Initially it may be difficult to raise yourself from a lying to sitting position. Allow someone to help you as needed. If you are alone, gradually move to the edge of the bed and put your feet over the edge. Then, gradually raise yourself up.
6. Cold compresses may be applied to breasts, for no more than 15-20 minutes at a time to help alleviate pain. Be sure to place a washcloth between your skin and the cold compress in order to avoid an ice burn to skin.
7. Post-operatively you will be placed in a soft, no wire bra or an ACE wrap. This bra or wrap is to be left on until your follow up visit in the office 1 day following surgery.

8. You may shower 48 hours after surgery. You have sutures that will be removed 7-10 days post surgery.
9. We will check the position of the implants to make sure they have "fallen" into the correct position. Please note: It is quite common for the two breasts to heal differently. One may swell more, one may feel more uncomfortable, or the shapes may differ initially. Also, one implant may fall before the other.

General Information/Commonly Asked Questions:

1. Everyone is different in the healing process and when their implants will take shape and settle into the correct position. The implants will settle into the breasts over the course of 12 weeks. You will notice a dramatic difference in the implants after 4 weeks and this continues to improve with time. They will become softer, more mobile, and positioned just behind the nipple areola complex.
2. We advise patients to wait to purchase new bras until 8-12 weeks post-operatively. This is so that the sizing is accurate after swelling has resolved and implants have settled. Also, no wire bras are to be worn for at least 6-8 weeks, in order to allow incision to heal adequately.
3. Sensation changes are very common in the nipples and scar areas. You may experience numbness or tingling or may be extra sensitive, due to regeneration of the nerves. The areas should return to baseline sensation within 3-6 months.
4. Patient are permitted to begin driving once you are no longer taking narcotic pain medications and can safely and comfortably maneuver the car.
5. You may submerge in water at 3 weeks post-op as long as you do not have any open wounds. It is best to wait at least 1 month before getting in a hot tub because they typically harbor more bacteria than pools.
6. The possibility of re-bleeding exists for 10 day after any surgery, so keep this in mind when doing any activities. It is important that you not engage in any strenuous activities in the first 3 weeks after surgery. However, it is important to move your body and arms even when it is still uncomfortable to do so, in order to keep them from getting stiff. Do not lift anything over 20lbs in the first 3 weeks.
7. When you do resume exercise, you should wear a tight, supportive sports bra to minimize bouncing of the breasts.
8. You may hear and/or feel "sloshing" in your breast after surgery. This is not the implant. It is the air that is trapped in the space around the implant and the natural fluid that accumulates after an operation. It will be absorbed by the body within a few weeks.
9. The skin of your breasts may become shiny. This is a result of the swelling that occurs after surgery. Within a few weeks, the edema and swelling will subside and the skin will look more normal.
10. In order to help the appearance of scars, we will begin Icon laser treatment 3-4 weeks after surgery.

Refrain from all nicotine products. Nicotine interferes with healthy circulation and may affect the result of your surgery.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions.

If you have routine questions or concerns, please call the office during regular business hours at (864) 214.5232. If you have urgent concerns after office hours, call the number you were given during your appointment. In case of emergency, call 911.