

SUBJECT: After Surgery Instructions for Breast Augmentation Patients

Thank you for allowing us to be a part of your surgical care. Making the decision to have the operation and undergoing the procedure are only just the beginning steps. The positive long-term results depend on how you take care of yourself afterward. Here are a few instructions on getting through the next couple weeks after surgery.

The first 24-48 hours after surgery, it is important for you to have someone available with you all the time; you will be weak and drowsy. You may require assistance getting in and out of bed.

**** ACTIVITY ****

1. You will need to rest frequently but it is important to get out of bed early and often after your surgery (with assistance) to prevent postoperative problems. I encourage you take frequent short walks around your residence.
2. Frequently take deep breaths to keep your lungs clear (15-20 per hour while awake).
3. **DO NOT SMOKE!** This is very important for wound healing. Avoid second-hand smoke for at least the first 4 weeks following surgery.
4. Sleep with the head of your bed elevated (about 30 degrees) for the first week after surgery. Consider placing blocks under the legs of your bed or rolled blankets under both your mattress and box springs to elevate the entire head of the bed. Do not sleep on your side.
5. Avoid picking up anything greater than 10 pounds and keep your heart rate below 100 beats per minute at all times for the first 4 weeks. You may gradually resume pre-surgical activities slowly after 4 weeks. Be careful to avoid any activity that causes pain or discomfort.
6. You can begin aggressive aerobic activity (running) in 6 weeks. **REMEMBER TO WEAR A GOOD SPORTS BRA!**
7. Keep your hands and elbows at your side for the first week. No reaching out or above your shoulders for 2 weeks, you may move enough to scratch the top of your head. Do not do any housework the first 2 weeks especially vacuuming or anything else requiring a lot of arm and chest movement.
8. Do not drive unless you can stomp your foot down and swing your arms around without pain. Do not take narcotic pain medicine within 4 hours of driving. You will not be ready to drive by yourself for at least one week after surgery. You should continue to use a seatbelt.
9. Do not engage in sexual activity for at least 4 weeks after surgery. As with any activity, start slowly.

**** DIET ****

1. Eat light meals the first 24-48 hours. Start slowly with clear liquids (soups and Jell-O) and advance to a regular diet as tolerated. If you have persistent nausea, stick to a bland diet until it subsides.

****DRESSINGS****

1. You have a surgical bra and band over your breasts and dressings. Do not remove the bra or the dressings until your first postoperative appointment. You may loosen the bra temporarily with assistance to reposition the bra or the outer gauze pads should they ride up.

2. It is normal to have a small amount of dried bloody drainage on the dressings that may transfer onto the bra.
3. Keep the dressings clean and dry. You may NOT shower. You may sponge bathe and use deodorant until your dressings are removed and showering is cleared by your surgeon. Once allowed to shower, use liquid soap (no bar soap) and NO tub bathing for 8 weeks.
4. No ocean water, Jacuzzi, tub baths, or pool water for 8 weeks post-surgery or until the incision is fully healed. If you are in any doubt, call the office for clarification.
5. Unless otherwise instructed, you must wear a bra day and night (only removing it to shower) for 4 weeks. After 4 weeks, you may take the bra off at night. You must wear a good support bra while playing sports or exercising for the first 6 months. Ask your doctor when you may wear a bra with an underwire, usually 6-8 weeks after surgery after you have full sensation at the bottom of the breasts.
6. You may have some drainage from the incision lines and it's normal when the glue or steri-strip peels off and it's usually a light yellow/green discharge. Please keep the area as dry as possible. If there is significant drainage please contact our office as soon as possible.
7. If there is redness on the incision line or it feels tender, please call our office and send photos.
8. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact or tanning booths are to be avoided and use a sunscreen with SPF of 15 with UVA and UVB protection for at least 6 months. The incision scars can be massaged with a scar cream, moisturizing cream, vitamin E, or aloe vera cream starting 3-4 weeks after surgery after the glue has fallen off and the incision is well healed. This will promote early softening and maturation of these areas.

**** SURGICAL BRA ****

1. Your bra should be hand washed. It should be washed in cold water and line dried. Washing your bra in hot water or drying it with an electric or gas dryer may ruin it! To remove stains, soak your bra in 2 to 3 gallons of cool water with ¼ cup of hydrogen peroxide mixed into it. Soak for a minimum of 2 hours. After soaking, the bra can be hand washed and line dried.

**** PERSONAL ****

1. During your period, use a pad. DO NOT use a Tampon. Change your pad more frequently than normal. One month after your surgery, you can use your preferred method.

****WHAT TO EXPECT AFTER SURGERY**

1. Sensations like numbness, sharpness, and burning are common during the healing process. Nipples may feel more or less sensitive. These sensations may last several weeks to months and will gradually disappear.
2. Bruising is normal for 2-3 weeks. It will gradually change color and reabsorb.
3. Swelling can last for up to 3 months. Over the course of the next year, your incision lines will fade and your breast will mature (soften and descend) into their final shape. It can also take about this long time for the implants to settle into their pockets. We will show you some breast massage techniques and will use the band to help the implants settle. Normally patients will start their breast massages around 1 week post-surgery.

****MEDICATIONS****

1. Most patients are prescribed antibiotics for a few days following surgery, take them all as prescribed.
2. Oxycodone is a narcotic and should be taken as needed. We also encourage you to take two extra strength Tylenol every 8 hours and a non-steroidal anti-inflammatory medication (NSAID) like Motrin, Naproxen, Celebrex as directed. We may prescribe a NSAID other than what is available over the counter should you like.
3. Pain medicine may cause nausea and should be taken with food at each dose.
4. The pain medicine can be constipating. Eat high-fiber foods and drink plenty of fluids. You may take any over the counter stool softeners (Colace, Miralax) as needed.
5. If you develop a rash or think you are having an allergic reaction to the medication please call our office immediately. Sometimes Benadryl will help.
6. Do not drink alcohol or drive a car while taking the narcotic pain medicine.
7. Wait 5 days after surgery before taking any Vitamin E.
8. You may resume all your other regular medications.

Call the office or report to the emergency room for:

- A temperature greater than 101°F
- A sudden increase in pain or swelling at incision site or the surrounding area
- Excessive bright red bleeding on the dressings or bra
- Persistent nausea, vomiting, or diarrhea
- Worsening rash or shortness of breath
- Any questions or concerns you may have regarding your care
- If you feel you have a life-threatening emergency, call emergency response or go to the closest hospital