



Breast Augmentation Post-Operative Care Guide

MORNING OF SURGERY

- Do not eat or drink anything at all for at least 6 hours prior to surgery.
- Do not wear contact lenses, wigs, hairpins, hairpieces or jewelry. Dress in old, loose, comfortable clothes. Wear slip-on shoes.
- Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. A vehicle that allows you to recline is best.
- Do not smoke.

AFTER SURGERY

- While resting, keep your head and shoulders elevated on at least 2 pillows for the first 24 hours. You may get up to the bathroom but have someone keep an eye on you for 24 hours.
- A light diet is best for the rest of the day after surgery. Begin by taking liquids slowly and progress to soups or juices. You may start a regular diet the next day.
- If you have pain or discomfort, take the prescribed pain medication. If you have no pain, do not take the medication.
- For the first 48 hours, keep your arm movements to a minimum. Your arms should not be used to support your body or to lift anything heavy (over 3 kg).
- Small drains are rarely placed, but if they are, they will be used to draw off any accumulating fluid after surgery. Usually, drains are removed 48 hours after your surgery. The drains will not be removed if you have drained more than 50 ml within a 24 hour period.
- You may shower 48 hours after surgery. The incisions can get soapy and wet, but avoid applying full showerhead pressure to them. Avoid soaking under water in a tub or pool.
- You should wear your surgical/sports bra until the doctor states you may wear an alternative. Ensure that the bra is comfortable, and not too loose or too tight. This has to be worn 24/7 in order to ensure the final shape of your breasts.
- If supportive tape is used for your surgery, please continue to wear this until your first follow-up visit. Your doctor will remove this when appropriate. If it comes off in the meantime, please contact our office but do not replace it yourself.

OTHER POST-OPERATIVE INSTRUCTIONS

- You may gradually resume normal daily activities after 48 hours, being careful to avoid any activity that causes pain or discomfort.
- Strenuous activities and exercises are to be avoided until 2 weeks after surgery.
- Light jogging, yoga, and lower body weight training can start at 3 weeks.
- Running, impact aerobics, and light upper body work can start at 4-6 weeks depending on your comfort level.
- Do not exceed lifting 3 kg with your upper body for at least 6 weeks.
- Driving may be resumed when a sharp turn of the steering wheel will not cause pain and when you are off regular narcotic pain medicine.
- Bruising and swelling are normal. This will disappear with time.
- Unusual sensations like numbness, sharpness, and burning are common during the healing process. These sensations may last several weeks and will gradually disappear.

GENERAL INFORMATION:

- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
- If you develop a fever (oral temperature greater than 101°F), redness or increased pain at the surgical incisions, please call us immediately.

FOLLOW-UP:

Follow-up after surgery varies based on the extent of the procedure, any pre-existing health conditions you may have, how far away you live, and in the unusual event where there is a complication.

For many patients follow-up includes:

- a) Follow-up within 5 to 14 days to remove drains, remove sutures, check wounds, and to address any minor questions or concerns.
- b) Physician follow-up at 3 weeks, 6 months, and perhaps other visits to confirm you are healing well.